Oatmeal Raisin Cookies

Ingredients:
- 3/4 cup granulated sugar
- 2 tablespoons margarine
- 1 egg
- 2 tablespoons skim milk
- 1/4 cup applesauce
- 1/4 cup all-purpose flour
- 1/4 teaspoon baking soda
- 1/8 teaspoon nutmeg
- 1/4 teaspoon salt
- 1 1/4 cup quick-cooking rolled oats
- 1/2 cup raisins

Create-A-Flavor Changes
Add your own ideas, too!
- Use chopped figs, apricots, or other dried fruit instead of raisins.
- Omit the raisins and use 3/4 cup rolled oats and 3/4 cup raising bran cereal.
- Use 1/2 cup whole wheat flour and 1/4 cup all-purpose flour.
- Use 2 tablespoons orange juice instead of milk.
- Add nuts, coconut, or chocolate chips.

Directions:
1. Preheat oven to 350°F. Lightly grease baking sheet.
2. Measure sugar and margarine into large mixing bowl. Beat until well blended.
3. Crack egg into small bowl. Add to sugar mixture; stir until well blended.
4. Measure milk and applesauce into sugar mixture; stir until well blended.
5. In a second mixing bowl, combine flour, baking soda, cinnamon, nutmeg, and salt.
6. Add flour mixture to sugar mixture; stir until well blended.
7. Measure rolled oats and raisins into batter; stir until well blended.
8. Drop dough by rounded teaspoons onto baking sheet.
9. Bake 10 to 13 minutes, until lightly browned.

Yields about 1 1/2 dozen cookies

Source: Cooking Up Fun! Pyramid of Snacks - Cornell University Cooperative Extension

Nutrition Facts
Serving Size 1 cookie (1.1 ounces)
Servings Per Recipe 18
Amount Per Serving Calories 110
Calories from Fat 20

<table>
<thead>
<tr>
<th>% Daily Value *</th>
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<tbody>
<tr>
<td>Total Fat 2g</td>
</tr>
<tr>
<td>Saturated Fat 0g</td>
</tr>
<tr>
<td>Trans Fat 0g</td>
</tr>
<tr>
<td>Cholesterol 10mg</td>
</tr>
<tr>
<td>Sodium 70mg</td>
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<tr>
<td>Total Carbohydrate 21g</td>
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<tr>
<td>Dietary Fiber 1g</td>
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<tr>
<td>Sugars 12g</td>
</tr>
<tr>
<td>Protein 2g</td>
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Vitamin A 2% Vitamin C 0%
Calcium 0% Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories: 2000 2,500
Total Fat: Less than 65g 80g
Saturated Fat: Less than 20g 25g
Cholesterol: Less than 300mg 300mg
Sodium: Less than 2,400mg 2,400mg
Total Carbohydrate: 300g 375g
Dietary Fiber: 25g 36g

18.2% calories from fat

Nutrition Facts based on standard recipe with no variation.