

# Homemade Oatmeal Cookies

Ingredients	50 Servings				Directions
	Weight	Measure	Weight	Measure	
Margarine (80% fat)	7 oz	$\frac{7}{8}$ cup			<ol style="list-style-type: none"> <li>Preheat conventional oven to 350° F. Line four, 13 x 18 x 1" half sheet pans or two 18 x 26 x 1" full sheet pans with parchment paper.</li> <li><i>Optional:</i> Raisins - measure, chop, and moisten (see Baker's Note below). Set aside.</li> <li>In large mixing bowl, beat margarine and sugars until creamy.</li> <li>Add egg, ground flax meal, and water and beat until fluffy. Mix in vanilla and salt.</li> </ol>
Sugar, brown, packed	7.8 oz	1 cup			
Sugar, granulated	5.25 oz	$\frac{3}{4}$ cup			
Egg, whole, large	1.75	1 each			
Flax meal, ground*		1 Tbsp			
Water*	1.5 oz	3 Tbsp			
Vanilla extract		2 tsp			
Salt		$\frac{1}{2}$ tsp			
Flour, whole wheat	8.5 oz	2 cups			<ol style="list-style-type: none"> <li>In separate bowl, whisk flour, baking soda, baking powder, and cinnamon (optional). Add rolled oats and stir well.</li> <li>Combine wet and dry mixtures, mixing briefly. Add milk and raisins (optional) mixing just to blend.</li> <li>Drop by scant #50 cookie scoop onto parchment-lined cookie sheets, spacing about 1 or 1 <math>\frac{1}{2}</math> -inches apart. Bake on center oven rack, 10-12 minutes.</li> <li>Remove sheet pan from oven and cool briefly on wire cooling racks. Place cookies on rack to completely cool.</li> <li>Store in sealed containers or food storage bags.</li> <li>Serve within 24 hours or freeze until ready to serve, for best quality.</li> </ol>
Baking soda		1 tsp			
Baking powder		1 tsp			
<i>Cinnamon (optional)</i>		1 tsp			
Rolled oats, old-fashioned	7.3 oz	2 $\frac{1}{2}$ cups			
Milk (1%)	1 oz	2 Tbsp			
<i>Raisins** or other dried fruit of choice, chopped (optional)</i>	4.25 oz	$\frac{3}{4}$ cup			

\*Flax meal and water are substitutes for one large whole egg.

\*\*Baker's Tip: If using raisins, hydrate (moisten) raisins before adding to the cookie dough. To hydrate, measure and chop raisins then cover with tap water. Drain well. Let stand 5 minutes or longer before adding. Cover and refrigerate hydrated raisins if prepared ahead.

# Homemade Oatmeal Cookies, cont.

**Serving Size** – 1 cookie (0.8 oz/23 grams without raisins or 0.9 oz/26 grams with raisins)  
 Credits as 0.5 oz eq Grains in the School Nutrition Programs  
 Provides 8 grams whole grain per serving

## Without Raisins

<b>Nutrition Facts</b>	
Serving Size (23g)	
Amount Per Serving	
<b>Calories</b> 90	Calories from Fat 30
%Daily Value*	
<b>Total Fat</b> 3.5g	<b>5%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 90mg	<b>4%</b>
<b>Total Carbohydrate</b> 14g	<b>5%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 7g	
<b>Protein</b> 2g	
Vitamin A 2%	Vitamin C 0%
Calcium 0%	Iron 2%
* 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: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carb	300g 375g
Dietary Fiber	25g 30g

## With Raisins

<b>Nutrition Facts</b>	
Serving Size (26g)	
Amount Per Serving	
<b>Calories</b> 100	Calories from Fat 30
%Daily Value*	
<b>Total Fat</b> 3.5g	<b>5%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 90mg	<b>4%</b>
<b>Total Carbohydrate</b> 16g	<b>5%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 9g	
<b>Protein</b> 2g	
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: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carb	300g 375g
Dietary Fiber	25g 30g

## Ingredients by weight:

Whole wheat flour, brown sugar, rolled oats, margarine (*trans fat free*), granulated sugar, *raisins*, egg, water, milk (1%), vanilla, baking powder, baking soda, salt, *cinnamon*

*Optional recipe ingredients are included in italics*



Nutrient analysis generated using Food Processor Nutrition Analysis Software, ESHA Research

Recipe Source: [www.clabbergirl.com](http://www.clabbergirl.com), Homemade Oatmeal Cookies

Adapted and tested by Sharon Davis, Family and Consumer Sciences Education, Home Baking Association

