

Oatmeal Raisin Cookies

Makes 24 cookies

Serving size: 2 cookies

Preheat: 375

INGREDIENTS

Vegetable cooking spray

½ cup all-purpose flour

½ cup whole wheat flour

1-teaspoon baking powder

1/2-teaspoon baking soda

1/2 teaspoon salt

1 T butter

1/2 cup sugar

1/2 cup light brown sugar

1/2 cup unsweetened applesauce

1 large egg

1 teaspoon vanilla extract

1 1/3 cups rolled oats

1/2 cup raisins

INSTRUCTIONS

1. In a large bowl combine the first 5 dry ingredients
2. Using an electric mixer cream the butter, white sugar and brown sugar – 1 minute
3. Add the wet ingredients – applesauce, egg, and vanilla – mix until blended
4. Add flour and mix well
5. Using a wooden spoon stir in the oats and raisins
6. Using a cookie sheet sprayed with non-stick spray, drop teaspoonfuls of the batter
7. Bake 10-12 minutes or until they turn golden brown
8. Cool on wire racks
9. Cookies can be stored for 2 weeks in an airtight container

Nutrition information per serving

Number of Servings: 24

Calories	179.2	Carbohydrate	37.7 g
Fat	2.1 g	Fiber	1.6 g
Protein	3.3 g	Saturated Fat	.9 g
Sodium	235 mg		