OATMEAL COOKIES

Yield: 48 pieces

Ingredients:
1 1/2 cups flour
1 teaspoon baking soda
1 teaspoon cinnamon
1 cup butter (2 blocks), softened
1/2 cup white sugar
1 cup brown sugar
2 eggs
1 teaspoon vanilla
3 cups oatmeal (instant OR old fashioned)
Optional: 1 cup raisins
1/2 teaspoon salt

Directions:
1. PREHEAT oven to 350°F.
2. In a medium bowl, SIFT together flour, baking soda, and cinnamon. SET aside.
3. In a large bowl, CREAM together butter and sugars.
4. ADD eggs and vanilla to butter and sugar mixture and MIX well.
5. SLOWLY ADD flour mixture to butter, sugar, eggs, and vanilla, MIX well.
6. Optional: ADD raisins and salt. MIX well.
7. STIR in oatmeal, MIX well.
8. DROP by tablespoonful to an ungreased cookie sheet, 2 inches apart.
9. BAKE for 10-12 minutes, or until golden brown.
10. COOL and STORE in an airtight container.

Nutrition Facts
Serving Size: 1 cookie (23g)
Servings Per Container: 48

Amount Per Serving
Calories 100 Calories from Fat 40
% Daily Value
Total Fat 4.5g 7%
Saturated Fat 2.5g 12%
Trans Fat 0g 0%
Cholesterol 20mg 6%
Sodium 60mg 3%
Total Carbohydrate 13g 4%
Dietary Fiber less than 1g 3%
Sugars 7g
Protein 1g

Vitamin A 4% · 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:

<table>
<thead>
<tr>
<th>Calories</th>
<th>2,000</th>
<th>2,500</th>
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<tbody>
<tr>
<td>Total Fat</td>
<td>Less than 65g</td>
<td>80g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>Less than 20g</td>
<td>25g</td>
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<tr>
<td>Cholesterol</td>
<td>Less than 300mg</td>
<td>300mg</td>
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<tr>
<td>Sodium</td>
<td>Less than 2,400mg</td>
<td>2,400mg</td>
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<tr>
<td>Total Carbohydrate</td>
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<td>375g</td>
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<tr>
<td>Dietary Fiber</td>
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<td>30g</td>
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Always practice safe food handling techniques. Refer to pages 98-101.