

Cinnamon Crunch Cookies

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Oil, vegetable	2.5 oz	5 Tbsp	4.9 oz	$\frac{5}{8}$ cup	<ol style="list-style-type: none"> In a large mixing bowl, beat oil, butter, and sugar until smooth. Scrape bowl a couple of times. Add egg whites and beat until light. Add milk and vanilla, mixing to combine. In a separate bowl, whisk together flours, baking powder, baking soda, cinnamon, nutmeg, and salt. Gradually stir in the dry ingredients until well mixed. Cover dough with plastic wrap and chill 30 minutes or up to overnight for easier scooping. Preheat conventional oven to 375° F.
Butter, unsalted	1 oz	2 Tbsp	2 oz	$\frac{1}{4}$ cup	
Sugar, granulated	6.1 oz	$\frac{7}{8}$ cup	12.25 oz	1 $\frac{3}{4}$ cups	
Egg, whites, large	1.75 oz	1 $\frac{1}{2}$ each	3.5 oz	3 each	
Milk, 1%	1.1 oz	2 Tbsp	2.25 oz	$\frac{1}{4}$ cup	
Vanilla Extract		1 $\frac{1}{2}$ tsp		1 Tbsp	
Flour, whole wheat	7.5 oz	1 $\frac{3}{4}$ cups	14.75 oz	3 $\frac{1}{2}$ cups	
Flour, enriched, all-purpose		2 Tbsp	1 oz	$\frac{1}{4}$ cup	
Baking Powder		1 tsp		2 tsp	
Baking Soda		$\frac{1}{2}$ tsp		1 tsp	
Cinnamon, ground		1 tsp		2 tsp	
Nutmeg, ground		$\frac{1}{2}$ tsp		1 tsp	
Salt		$\frac{1}{4}$ tsp		$\frac{1}{2}$ tsp	
Sugar, granulated		2 Tbsp	1.75 oz	$\frac{1}{4}$ cup	
Cinnamon, ground		$\frac{1}{2}$ tsp		1 tsp	

Cinnamon Crunch Cookies, cont.

Serving Size – 1 cookie (0.9 oz/26 grams)

Credits as 0.5 oz eq Grains in the School Nutrition Programs

Provides 8 grams whole grain per serving

Nutrition Facts

Serving Size (26g)		Servings Per Container	
Amount Per Serving			
Calories 100	Calories from Fat 35		
% Daily Value*			
Total Fat 4g	6%		
Saturated Fat 1g	5%		
Trans Fat 0g			
Cholesterol 0mg	0%		
Sodium 75mg	3%		
Total Carbohydrate 15g	5%		
Dietary Fiber 1g	4%		
Sugars 9g			
Protein 1g			
Vitamin A 0%	• 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
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat 9	• Carbohydrate 4	• Protein 4

Ingredients by weight:

Whole wheat flour, granulated sugar, vegetable oil, egg whites, milk (1%), butter, enriched all-purpose flour, vanilla, baking powder, cinnamon, baking soda, salt, nutmeg



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

Recipe Source: www.okwheat.org, 100% Whole Wheat Cinnamon Sugar Cookies

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

