

Designer Oatmeal Cookies

Ingredients:

- 2/3 cup whole wheat or all-purpose flour*
- 1/2 teaspoon baking powder
- 1/4 teaspoon baking soda
- 1/2 teaspoon ground cinnamon
- 1/8 teaspoon salt
- 1/2 cup butter, softened
- 1/3 cup packed brown sugar
- 1/3 cup sugar
- 1 egg
- 1/2 teaspoon vanilla
- 1 1/2 cups uncooked quick or old-fashioned oats
- 3/4 cup chocolate baking chips or moist raisins or dried fruit**
- 1/2 cup chopped nuts or sunflower seeds, unsalted, roasted

* For moist dried raisins, soak raisins in water for 5 minutes and drain.

Preparation Time: 30 minutes
Baking Time: 8 to 10 minutes
Makes: 2 dozen
Serving: 1 cookie

Directions:

1. Preheat oven to 375 °F.
2. Combine flour, baking powder, baking soda, cinnamon and salt in small mixing bowl.
3. Combine butter, brown sugar, sugar, egg and vanilla in large mixing bowl. Beat until creamy.
4. Add flour mixture and oats to creamed mixture and thoroughly combine.
5. Add baking chips or fruit and nuts.
6. Drop by teaspoonful onto an ungreased baking sheet. Bake 8 to 10 minutes. Cool on baking sheet for 2 minutes; remove to wire cooling rack to finish cooling.

Family Activity:

This cookie combines the first (chocolate chip) and second (oatmeal raisin) most popular cookies in the U.S. Select optional ingredients to create your own family "designer" cookie. Package cookies to give as holiday gifts to relatives, neighbors, teachers, coaches and special friends.

Nutrition Facts (1 serving/29g)

Calories: 118, Protein: 2g, Carbohydrates: 16g, Dietary Fiber: 1g, Fat: 6g, Saturated Fat: 3g, Mono Fat: 1g, Cholesterol: 19mg, Calcium: 12mg, Potassium: 63mg, Sodium: 65mg

Fun Fact:

Oatmeal was once thought good only for horses and those with little money. It took a while for oats to be used in baking. One of the earliest oatmeal cookie recipes appeared in 1906.

Vocabulary

Hospitable:

welcoming and generous to guests. Always try to be hospitable, the favor might be returned.

