

OATMEAL COOKIES

4 Servings, 2 cookies each, plus 4 servings for another meal or snack

<u>Sugar</u>	<u>3/4 cup</u>
<u>Margarine</u>	<u>2 tablespoons</u>
<u>Egg</u>	<u>1</u>
<u>Canned applesauce</u>	<u>1/4 cup</u>
<u>1% lowfat milk</u>	<u>2 tablespoons</u>
<u>Flour</u>	<u>1 cup</u>
<u>Baking soda</u>	<u>1/4 teaspoon</u>
<u>Ground cinnamon</u>	<u>1/2 teaspoon</u>
<u>Quick rolled oats</u>	<u>1 cup + 2 tablespoons</u>

PREPARATION TIME: 20 MINUTES

COOKING TIME: 13 TO 15 MINUTES EACH BATCH

1. Preheat oven to 350° F and lightly grease cookie sheets.
2. In a large bowl, use an electric mixer on medium speed to mix sugar and margarine. Mix until well blended, about 3 minutes.

3. Slowly add egg; mix on medium speed 1 minute. Gradually add applesauce and milk; mix on medium speed, 1 minute. Scrape sides of bowl.
4. In another bowl, combine flour, baking soda, and cinnamon. Slowly add to applesauce mixture; mix on low speed until blended, about 2 minutes. Add oats and blend 30 seconds on low speed. Scrape sides of bowl.
5. Drop by teaspoonfuls onto cookie sheet, about 2 inches apart.
6. Bake until lightly browned, about 13 to 15 minutes. Remove from baking sheet while still warm. Cool on wire rack.

PER SERVING:

<u>Calories</u>	<u>215</u>
<u>Total fat</u>	<u>4 grams</u>
<u>Saturated fat</u>	<u>1 gram</u>
<u>Cholesterol</u>	<u>27 milligrams</u>
<u>Sodium</u>	<u>84 milligrams</u>