

# Chewy Oatmeal Cookies

Makes: 50 Servings

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Ingredients	Weight	Measure
Brown sugar	9 oz	
Unsalted Butter	6 oz	
Salt		1/2 tsp
Honey	2 oz	
Cider vinegar		1 Tbsp
Whole eggs		1 each
Vanilla extract		1 Tbsp
Whole wheat flour	5 oz	

## Nutrition Information

Nutrients	Amount
<b>Calories</b>	<b>103</b>
<b>Total Fat</b>	<b>5 g</b>
Saturated Fat	2 g
Cholesterol	14 mg
<b>Sodium</b>	<b>57 mg</b>
<b>Total Carbohydrate</b>	<b>14 g</b>
Dietary Fiber	1 g
Total Sugars	N/A
Added Sugars included	N/A
<b>Protein</b>	<b>1 g</b>
Vitamin D	N/A
Calcium	10 mg
Iron	1 mg
Potassium	N/A
N/A - data is not available	

	1 oz	Rolled oats - ground
Rolled oats	1 oz	
Baking soda		3/4 tsp
baking powder		1/2 tsp
Ground cinnamon		2 tsp
Ground ginger		1/4 tsp
Ground nutmeg		1/4 tsp
Optional: dried fruit	5 oz	
Raisins	5 oz	
Pecans - chopped	3 1/2 oz	

## Directions

1. Cream ingredients from step one together to a smooth paste. Scrape down well!
2. Sift dry ingredients from step two in a hand mixing bowl.
3. Add in egg to butter mixture and fold in sifted dry ingredients. Stir in dried fruit, raisins and pecans from step three.
4. Scoop cookies out on a lined sheet pan 4x6. Bake at 350 degrees F for 12-14 minutes.

## Notes

### Additional Tips

Equipment needed: 5 qt. mixer, bowl and paddle attachment, Rubber Spatula and #50 portion scoop

**Source:** Hawaii Team Nutrition Whole Grain Recipes