

# Whole Grain Breakfast Cookie

Makes: 24 Servings

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Ingredients	Weight	Measure
Water, Municipal		2 Tbsp
Brown sugar		2 cups, unpacked
Oats		2 1/2 cups
Wheat flour, white, all-purpose, enriched, bleached		2 cups
Wheat flour, whole-grain		2 cups
Leavening agents, baking powder, double-acting		1 Tbsp
Leavening agents, baking soda		

## Nutrition Information

Nutrients	Amount
<b>Calories</b>	<b>299</b>
Total Fat	11 g
Saturated Fat	2 g
Cholesterol	N/A
Sodium	230 mg
Total Carbohydrate	45 g
Dietary Fiber	4 g
Total Sugars	N/A
Added Sugars included	N/A
<b>Protein</b>	<b>6 g</b>
Vitamin D	N/A
Calcium	64 mg
Iron	2 mg
Potassium	N/A
N/A - data is not available	

Salt, table	1 tsp
Cinnamon, ground	1 1/2 tsp
Oil, soybean, salad or cooking	1 cup
Applesauce, canned, sweetened, without salt	1/2 cup
Eggs	5 large
Vanilla extract	1 1/2 tsp
Raisins, seedless	3/4 cup, packed
Cranberries, whole, sliced dried-commodity	1/3 cup
Walnuts, English	1/4 cup, pieces

## Directions

1. Preheat oven to 350 degrees F for a conventional oven, or 325 degrees F if using a convection oven. Grease or line sheet pans with parchment paper.
  2. In a large bowl (an electric mixer is not necessary), stir together the oats, flour, baking soda, baking powder, salt, and cinnamon. Make well in the center and add the oil, applesauce, water, egg whites, and vanilla. Mix until well blended. Stir in the raisins, dried cranberries, and walnuts.
  3. Scoop cookies using #16 scoop. Place cookies 2 inches apart onto the prepared sheet pans and flatten well with wet hands. These cookies do not flatten very much while baking.
  4. In the preheated oven, bake 8 minutes for chewy cookies. The trick is to underbake them a bit, and the result is a soft, cakey cookie students will love.
- Source:** Idaho State Department of Education, Child Nutrition Programs