## Oatmeal Cookies



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Comments:
†To plump raisins, cover the fruit with very hot tap water. Soak 2-
5 minutes. DO NOT OVERSOAK. Drain well before using.

| SERVING: | YiPELD: | VOLUME: |  |
| :---: | :---: | :---: | :---: |
| 1 cookie. <br> For Enhanced Meal Pattern only: 1 cookie provides $3 / 4$ serving of grains/breads. | 50 Servings: about 3 lb 14 oz (dough) | 50 Servings: | about 1 quart 2 cups 60 cookies |
|  | 100 Servings: about 7 lb 12 oz (dough) | 100 Servings: | about 3 quarts 120 cookies |

Special Tip:
For 50 servings, use $11 / 2$ oz ( $1 / 2$ cup) dried whole eggs and $1 / 2$ cup water in place of eggs.

For 100 servings, use 3 oz (1 cup) dried whole eggs and 1 cup water in place of eggs.

## Nutrients Per Serving

| Calories | 161 | Saturated Fat | 1.96 g | Iron |
| :--- | ---: | :--- | ---: | :--- |
| Protein | 2.22 g | Cholesterol | 13 mg | Calcium |
| Carbohydrate | 19.35 g | Vitamin A | 161 IU | Sodium |
| Total Fat | 8.50 g | Vitamin C | 0.0 mg | Dietary Fiber |

