

Applesauce Oatmeal Cookies

Serving Size: 2 cookies Yield: 12 servings

1 cup sugar
1/2 cup margarine or butter or shortening
1 egg
2 teaspoons baking soda
2 1/2 cup all purpose flour
1 cup oatmeal
1/2 teaspoon salt
1 teaspoon cinnamon
1 1/2 cup applesauce, unsweetened
1 cup raisins
1 cup nuts (optional)



1. Preheat oven to 350°F. Prepare pan or cookie sheet (see below).
2. Cream together sugar, shortening and egg.
3. In a separate bowl, combine baking soda, flour, oatmeal, salt, and cinnamon. Mix well.
4. Stir flour mixture into shortening mixture just until moist.
5. Add applesauce, raisins, and nuts.

Applesauce Oatmeal Cookies (continued)

For Cake: Bake at 350° in an 8 inch x 8 inch pan for 40 minutes.

Note: To check cake for doneness, pierce top of cake with a toothpick. Cake is done when toothpick comes out clean.

Cost: Per recipe: \$2.28 ~ Per serving: \$0.19

Nutrition Information per serving: Calories 290; Total Fat 8g; Cholesterol 20 mg; Sodium 380 mg; Total Carbohydrate 52g; Protein 4g.

Buffalo County Wisconsin Nutrition Education Program
407 S. Second Street, Alma, WI 54610. Phone: 1-608-685-6256

Pepin County Wisconsin Nutrition Education Program
740 7th Ave W, PO Box 39, Durand, WI 54736. Phone 1-715-672-5214

This information is published by the University of Wisconsin-Extension Service in cooperation with USDA and Wisconsin Counties. UW Extension provides equal opportunities in employment and programming, including Title IX and ADA requirements. WNEP education is supported by the USDA Food Stamp Program, UW-Extension, and local partners. Food stamps can help provide a healthy diet. To find out more about food stamps, call Buffalo County: 608-685-4412 or Pepin County: 715-672-8941

