

Oatmeal Raisin Cookies

A true American classic!

3-4 dozen cookies

Ingredients:

1/2 cup shortening
1/2 cup brown sugar
1/2 cup white sugar
1 egg, beaten
1 tablespoon water
3/4 cup flour
1/2 teaspoon salt
1/2 teaspoon baking soda
1 teaspoon cinnamon
1/2 teaspoon nutmeg
1 1/2 cups oats
1 cup raisins

Directions:

1. Preheat oven to 375 degrees. **2.** Cream together shortening and sugars. **3.** Stir in egg and water. **4.** Add dry ingredients and raisins and mix well. **5.** Drop by teaspoonsful onto ungreased baking sheet. **6.** Bake for 9 - 10 minutes.

Nutrition Facts: One cookie provides 100 calories, 3.5g total fat, 5mg cholesterol, 55mg sodium, 16g total carbohydrate

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

K-State Research and Extension
Family Nutrition Program

Kids a Cookin'

www.kidsacookin.ksu.edu

Chef's Choice
Oatmeal Raisin Cookie
Apple Slices
Milk

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