



October 13- Sugarless Oatmeal Cookies

Smart Snack

Link: <http://www.whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/sugarless-oatmeal-cookies>

Recipe

Ingredients:

- 3 banana (ripe)
- 1/3 cup margarine
- 2 cups quick-cooking oats (uncooked)
- 1/4 cup skim milk
- 1/2 cup raisins
- 1 teaspoon vanilla extract

Directions:

1. Preheat oven to 350°F.
2. Put the margarine in a small saucepan. Melt it on low heat.
3. Put all the ingredients in a mixing bowl. Mix really well.
4. Let the mix stand for about 5 minutes, until the oats are wet.
5. Lightly grease the cookie sheet.
6. For each cookie, spoon out about 1 tablespoon of dough and drop it onto the greased cookie sheet.
7. Bake the cookies for 15 to 20 minutes.

Yield 15 servings

Nutrition Facts	
Serving Size 1 cookie (48.56g)	
Servings Per Container 15	
Amount Per Serving	
Calories 120	Calories from Fat 45
% Daily Value*	
Total Fat 5g	7%
Saturated Fat 1g	5%
Trans Fat 0.5g	
Cholesterol 0mg	0%
Sodium 50mg	2%
Total Carbohydrate 17g	6%
Dietary Fiber 2g	8%
Sugars 6g	
Protein 2g	4%
Vitamin A 4%	• Vitamin C 4%
Calcium 0%	• Iron 4%
* Percent Daily Values are based on a 2,000 calorie diet.	