



## January 23- Oat Snack Cakes

Not Smart Snack

Link: <http://www.whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/oat-snack-cakes>

### Recipe

#### Ingredients:

- 6 cups oatmeal (raw)
- 2 cups whole wheat flour
- 1 cup flour (all purpose)
- 1 cup sugar
- 1 teaspoon baking soda
- ½ teaspoon salt
- 1 teaspoon cinnamon
- ¾ cup margarine (softened)
- ½ cup vegetable oil
- 2 teaspoons vanilla flavoring
- 2 units egg whites (beaten)
- 1 tablespoon water
- 1 cup raisins

#### Directions:

1. Preheat oven to 375°F. Mix together oatmeal, flour, sugar, baking soda, salt and cinnamon in a large bowl.
2. Cut in margarine until mixture resembles coarse meal.
3. Combine oil, vanilla, egg whites, and water. Stir into dry ingredients and raisins, mixing only until it holds together.
4. Wash hands thoroughly, then dip in cornmeal or flour. Pinch off pieces of dough and form into balls about 1 inch in diameter.
5. Place balls on baking pan (sprayed with non-stick cooking spray) and press out slightly to about ¼ -inch in thickness.
6. Bake 15-20 minutes or until lightly browned. Cool, then store in an airtight container.

Yield 60 servings

### Nutrition Facts

Serving Size 1 cake (26g)  
Servings Per Container 60

#### Amount Per Serving

**Calories** 110      **Calories from Fat** 45

**% Daily Value\***

**Total Fat** 5g      **7%**

Saturated Fat 0.5g      **3%**

Trans Fat 0g

**Cholesterol** 0mg      **0%**

**Sodium** 95mg      **4%**

**Total Carbohydrate** 15g      **5%**

Dietary Fiber 1g      **6%**

Sugars 5g

**Protein** 2g      **4%**

Vitamin A 2%      •      Vitamin C 0%

Calcium 0%      •      Iron 4%

\* Percent Daily Values are based on a 2,000 calorie diet.