



Oatmeal Chocolate Chip Cookie



Category: Bread/Grain HACCP Process: 2 – Cook & Same Day Serve Smart Snack: Meets Criteria

Ingredients	For 34 Servings		Directions
	Weight	Measure	
Cooking spray			<ol style="list-style-type: none"> 1. Preheat oven to 350°F. 2. Cream sugars and shortening until smooth. 3. Beat in applesauce, egg whites and vanilla extract until completely combined. 4. Combine oats, flours, baking powder, baking soda and salt. Add to wet mixture. Mix on low speed for 20-30 seconds, until all dry ingredients are moistened. 5. Add chocolate chips and mix on low speed for 10-15 seconds. 6. Portion #40 scoop of batter on to baking pan sprayed with cooking spray. 7. Bake at 350°F until lightly browned about 10-12 minutes.
Sugar, granulated		¾ cup	
Brown sugar		¾ cup	
Shortening, vegetable trans-fat free		½ cup	
Applesauce, unsweetened		¼ cup	
Egg, whites, large		4	
Vanilla extract		½ tsp	
Oats, quick		2 cups	
Flour, all-purpose		1 cup	
Flour, whole wheat		1 cup	
Baking powder		1 tsp	
Baking soda		1 tsp	
Salt		½ tsp	
Chocolate chips, semi-sweet, mini		½ cup	

Serving Size: 1 cookie (2.5 oz) Yield: 34 Servings

Conventional Oven: Temp: 350°F for 10-12 minutes.

Nutrition Analysis: Serving Size: 1 cookie

Calories: 125	Calories from Fat: 45	Total Fat: 4	Saturated Fat: 1g	Trans Fat: 0g
Cholesterol: 0mg	Sodium: 102mg	Total Carbohydrate: 19g	Dietary Fiber: 1g	Sugars: 11g
Protein: 2g	Vitamin A: 0.57 IU	Vitamin C: 0mg	Calcium: 8.5mg	Iron: 0.5mg

Recipe from Kansas State Department of Education (developed by USD#351 – Macksville, Kansas):

http://www.kn-eat.org/snp/snp_menus/SNP_Guidance_Smart_Snacks.htm