



Sugar Cookies (Whole-Wheat)

USDA Recipe for Schools

These Sugar Cookies are made up of a tasty combination that includes whole-wheat flour, cinnamon, nutmeg and vanilla extract.

NSLP CREDITING INFORMATION

1 cookie provides 1 oz equivalent grains.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Sugar	1 lb 10 oz	3 $\frac{1}{3}$ cups	3 lb 4 oz	1 qt 2 $\frac{2}{3}$ cups	1 Pour sugar and margarine into a commercial mixer (batch as needed). Using a paddle attachment, mix on medium speed until light and fluffy. DO NOT OVERMIX. For 50 servings, mix for 6–7 minutes. For 100 servings, mix for 12–13 minutes. 2 Slowly add eggs and milk. Using a paddle attachment, mix on medium–low speed. DO NOT OVERMIX. For 50 servings, mix for 2 minutes. For 100 servings, mix for 4 minutes.
Margarine, trans-fat free	12 oz	1 $\frac{1}{2}$ cups	1 lb 8 oz	3 cups	
Frozen whole eggs, thawed	6 oz	$\frac{2}{3}$ cup	12 oz	1 $\frac{1}{3}$ cups	
Low-fat (1%) milk		$\frac{1}{4}$ cup 2 Tbsp		$\frac{3}{4}$ cup	

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Whole-wheat flour	1 lb	3½ cups 1 Tbsp ½ tsp	2 lb	1 qt 3 cups 2 Tbsp 1 tsp	<p>3 Slowly add flour, baking powder, salt, baking soda, nutmeg, and cinnamon. Using a paddle attachment, mix on medium–low speed. DO NOT OVERMIX. For 50 servings, mix for 6 minutes. For 100 servings, mix for 12 minutes.</p>
Enriched all purpose flour	14 oz	3 cups	1 lb 12 oz	1 qt 2 cups	
Baking powder		1 Tbsp		2 Tbsp	
Salt		1½ tsp		1 Tbsp	
Baking soda		1½ tsp		1 Tbsp	
Ground nutmeg		1 tsp		2 tsp	
Ground cinnamon		1 Tbsp		2 Tbsp	
Vanilla extract		1 Tbsp		2 Tbsp	
					<p>4 Add vanilla extract. Using a paddle attachment, mix on medium speed. DO NOT OVERMIX. For 50 servings, mix for 1 minutes. For 100 servings, mix for 2 minutes.</p>
					<p>5 Using a No. 30 scoop, portion 2 Tbsp (about 1⁷/₁₀ oz) drop cookies on a sheet pan (18" x 26" x 1"). Place 25 cookies on each pan. For 50 servings, use 2 pans. For 100 servings, use 4 pans.</p>
					<p>6 Bake: Conventional oven: 350 °F for 10–15 minutes. Convection oven: 325 °F for 8–10 minutes.</p>
					<p>7 Serve 1 cookie.</p>



NUTRITION INFORMATION

For 1 cookie.

NUTRIENTS	AMOUNT
Calories	149
Total Fat	4 g
Saturated Fat	1 g
Cholesterol	14 mg
Sodium	188 mg
Total Carbohydrate	28 g
Dietary Fiber	1 g
Total Sugars	15 g
Added Sugars included	N/A
Protein	3 g
Vitamin D	34 IU
Calcium	13 mg
Iron	1 mg
Potassium	48 mg

N/A=data not available.

SOURCE

USDA Standardized Recipes Project.

NOTES

Cooking Process #2: Same Day Service.

YIELD/VOLUME

50 Servings	100 Servings
About 4 lb 2 oz	About 8 lb 4 oz
About 2 qt ¼ cup/50 cookies	About 1 gal ½ cup/100 cookies