



Cookies – Applesauce Spice

Makes: 50+ child servings (90 cookies)

Ingredients

Imperial Measurement	Ingredient	Metric Measurement
1 ⅓ cups	margarine	325 mL
1 ⅓ cups	sugar	325 mL
3 ½ cups	applesauce, unsweetened	875 mL
4	eggs, beaten	4
1 tbsp	vanilla	15 mL
8 cups	whole wheat flour	2 L
1 tbsp	cinnamon, ground	15 mL
1 tbsp	nutmeg, ground	15 mL
2 tsp	cloves, ground	10 mL
4 tsp	baking powder	20 mL
2 tsp	baking soda	10 mL

Instructions

1. Preheat oven to 350°F (180°C).
2. Using a stand or hand mixer, cream margarine and sugar until smooth.
3. Add applesauce, eggs, and vanilla. Mix.
4. In a medium bowl, combine flour, spices, baking soda, and baking powder.
5. Add flour mixture to wet ingredients.
6. Using a small scoop (size 40), arrange cookies on parchment-lined baking sheets.
7. Bake for 12-15 minutes or until golden.

Note: Extra cookies can be frozen.

Nutrition Information	
Per Cookie (28 g)	
Calories	80
Fat	3.5 g
	Saturated 0.5 g
	+ Trans 0 g
Sodium	85 mg
Carbohydrates	13 g
	Fibre 2 g
	Sugars 4 g
Protein	2 g
Calcium	20 mg
Iron	0.5 mg

Food Guide Servings
½ Grain Product