



Cookies - Oatmeal

Makes: 50+ child servings (80 cookies)

Ingredients

Imperial Measurement	Ingredient	Metric Measurement
1 ½ cups	margarine	375 mL
1 cup	brown sugar	250 mL
4	eggs, beaten	4
½ cup	milk	125 mL
2 tsp	vanilla	10 mL
4 cups	whole wheat flour	1 L
1 tbs	baking powder	15 mL
2 cups	flax seed, ground	500 mL
3 cups	large flake oats	750 mL
Optional:		
¾ cup	raisins	180 mL

Instructions

1. Preheat oven to 375°F (190°C).
2. Using a stand or hand mixer, cream margarine and sugar until smooth. Add eggs.
3. Mix in vanilla and milk.
4. In another bowl, combine flour, flax, baking powder, and oats.
5. Add flour mixture to wet ingredients. Fold in raisins (if using).
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 (25 g)	
Calories	110
Fat	6 g
	Saturated 1 g
	+ Trans 0 g
Sodium	70 mg
Carbohydrates	12 g
	Fibre 2 g
	Sugars 3 g
Protein	3 g
Calcium	40 mg
Iron	1 mg

Food Guide Servings
½ Grain Product