

Oatmeal Raisin Cookies

A true American classic!

 Level: Medium

3-4 dozen cookies

Kids' Tool Kit

Mixer
Large mixing bowl
Measuring cup
Measuring spoons
Small dish
Baking sheet
Spatula
Rubber spatula
Spoons



Ingredients:

1/2 cup shortening
1/2 cup brown sugar
1/2 cup white sugar
1 egg, beaten
1 tablespoon water
3/4 cup flour
1/2 teaspoon salt
1/2 teaspoon baking soda
1 teaspoon cinnamon
1/2 teaspoon nutmeg



Directions:

Remember to wash your hands!

1. Preheat oven to 375 degrees.
2. Cream together shortening and sugars.
3. Stir in egg and water.
4. Add dry ingredients and raisins. Mix well.
5. Drop by teaspoonsful onto ungreased baking sheet.
6. Bake for 9 to 10 minutes.

Chef's Choice

Oatmeal Raisin Cookie
Apple slices
Milk

Nutrition Facts

Serving Size 1 cookie (24g)
Servings Per Container 36-48 cookies

| Amount Per Serving | | Calories from Fat 30 |
|---------------------------|------------------|----------------------|
| | | % Daily Value* |
| Total Fat | 3.5g | 5% |
| Saturated Fat | 1g | 4% |
| Cholesterol | 5mg | 2% |
| Sodium | 55mg | 2% |
| Total Carbohydrate | 16g | 5% |
| Dietary Fiber | less than 1 gram | 4% |
| Sugars | 9g | |
| Protein | 2g | |
| Vitamin A | 0% | Vitamin C 0% |
| Calcium | 2% | Iron 4% |

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

| | Calories: 2,000 | 2,500 |
|--------------------|-------------------|---------|
| Total Fat | Less than 65g | 80g |
| Saturated Fat | Less than 20g | 25g |
| Cholesterol | Less than 300mg | 300mg |
| Sodium | Less than 2,400mg | 2,400mg |
| Total Carbohydrate | 300g | 375g |
| Dietary Fiber | 25g | 30g |

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4



Helpful Hints: For a tender cookie, combine the shortening or margarine together with the sugars until creamy. Dry ingredients are measured and mixed together in a separate bowl, then added to the wet ingredients. Mix only until ingredients are moistened. Don't overmix. Most cookies are made this way.



Safety Tip: Remember, the raw egg in this cookie dough makes it unsafe to eat until it is baked. The hot baking temperature kills any bacteria in the egg, and the finished cookies are safe and delicious.

For more information about this and other fun recipes: contact your county extension office or visit the Web site at www.kidsacookin.ksu.edu, or e-mail kidsacookin@ksu.edu.