

Oatmeal Chocolate Chip Cookies

Yield: 30 cookies

Preheat oven to 350 degrees.

3/4 cup sugar	1/4 teaspoon baking soda
2 tablespoons margarine or butter	1/2 teaspoon ground cinnamon (optional)
1 large egg	1/8 teaspoon ground nutmeg (optional)
2 tablespoons lowfat milk	1/4 teaspoon salt
1/4 cup canned applesauce	1 1/4 cups quick oats
3/4 cup all-purpose flour	1/2 cup mini chocolate chips

In a large mixing bowl, cream sugar and margarine or butter until smooth.

Add egg, milk and applesauce, mixing thoroughly after each addition.

In a small bowl, combine flour, baking soda, cinnamon, nutmeg and salt. Add dry ingredients gradually to creamed mixture; mix until blended.

Fold in oats and chips. Drop by rounded teaspoons onto greased cookie sheets. Bake for 10-13 minutes, or until lightly browned. Cool on a wire rack.



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Nutrition Facts	
Serving Size 1 cookie (20g)	
Servings Per Container 30	
Amount Per Serving	
Calories 70	Calories from Fat 20
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0.5g	4%
Cholesterol 5mg	2%
Sodium 40mg	2%
Total Carbohydrate 12g	4%
Dietary Fiber less than 1 gram	2%
Sugars 7g	
Protein 1g	
Vitamin A 2%	Vitamin C 0%
Calcium 0%	Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet.

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