

OH-SO-GOOD OATMEAL COOKIES

Original recipe by Della Tillman (Atlanta)

Makes 24 servings (2 cookies)

Ingredients:

- ◆ $\frac{3}{4}$ cup margarine or butter (1 $\frac{1}{2}$ sticks)
- ◆ 1 cup brown sugar
- ◆ 1 cup sugar
- ◆ 2 large eggs
- ◆ 1 tsp. vanilla extract
- ◆ $1\frac{1}{3}$ cups all-purpose flour
- ◆ $\frac{1}{2}$ tsp. salt
- ◆ 1 tsp. baking soda
- ◆ 3 cups quick-cooking oats
- ◆ $\frac{2}{3}$ cup sweetened, dried cranberries or raisins (optional)

How to make:

Kids and Adults: Preheat oven to 375°F. With an electric mixer, thoroughly cream margarine or butter and sugars. Add eggs and vanilla; beat well. (Note: Though not ideal, this entire step can be done with a large spoon if no electric mixer is available.)

Kids: Sift flour, salt and baking soda in a bowl. Add it plus the oats to creamed mixture.

Adults: Mix the batter with a spoon until thoroughly combined.

Kids: Stir in dried fruit, if using.

Kids and Adults: Form ping-pong-sized balls. Place on ungreased cookie sheet. Bake for 10 to 12 minutes. Cool cookies on pan for 5 minutes, then transfer to cooling rack.

These amazing cookies have fiber from oats, which helps to fill you up while being good for your heart and body. But, these delights still have fat and sugar.
Remember, just two cookies is a serving.

HEALTHY RECIPE MAKEOVER HOW-TO:



Instead of 1-cup pecans, bits of nutrition can be added with dried fruit pieces. The shortening is switched to margarine or butter and cut in half. Salt is lessend, too!

Did you know?

While a little bit of sugar is OK, too much can contribute to weight gain. The FDA estimates that every year Americans consume approximately 80 pounds of added sugar per person. So, enjoy just 2 of these cookies—to keep sugar to a minimum!

Nutrition Info per serving:

190 Calories, 29 g Carbohydrates, 3 g Protein, 7 g Total fat, 1 g Saturated fat, 20 mg Cholesterol, 1 g Dietary Fiber, 180 mg Sodium, 6% Vitamin A, 0% Vitamin C, 2% Calcium, 6% Iron