

# Jumbo Oatmeal Low Phosphorus

- not great
- (1)  $\frac{1}{2}$  cup flour
  - (2) 1 cup rolled oats
  - (4) 2 tbsp wheat germ
  - ( $\frac{1}{2}$ )  $\frac{1}{4}$  cup chopped pecans/walnuts
  - ( $\frac{2}{3}$ )  $\frac{1}{3}$  cup soft marg.
  - ( $\frac{2}{3}$ )  $\frac{1}{3}$  cup lightly packed brown sugar
  - (2) 1 egg egg
  - (1)  $\frac{1}{2}$  tsp vanilla

Makes 12 large cookies

2 tbsp dough for each cookie:

Flatten into 4" circles - Bake 350° - 12 to 14 mins

15 g. Carbohydrate

3 g. protein = 135 calories for 1 cookie

7 g. fat

## Low Fat Oatmeal Cookies

$\frac{1}{2}$  cup butter  
1 " " brown sugar  
1 " " white sugar  
2 large eggs  
1 tsp vanilla  
 $1\frac{1}{2}$  cups flour  
1 tsp salt  
1 tsp b. soda  
3 cups rolled oats -

Cream butter & sugars then eggs  
& vanilla beat well. Add flour, salt & soda.  
Stir in rolled oats.

Form dough into 3 or 4 1" to 2" rolls.  
Wrap in wax paper. Chill 3 to 4 hours.

Cut rolls into  $\frac{1}{4}$ " slices  
Bake ungreased pan - 350 - 8-10 min 6 doz.