

Low Fat Oatmeal Crisps Cookies

Labels

GOOD

1/2 cup margerine	1	3/4 tsp cinnamon	1 1/2
3/4" b. sugar packet	1 1/2	1/2" b. soda	1
1 large egg	2	1/4" salt	1/2
1 tsp vanilla	2	1 1/4 cups rolled	2 1/2
3/4 cup whole wheat flour	1 1/2	oats.	

Cream margerine, sugar. Beat in egg + vanilla.
Add flour, cinnamon, b. soda + salt.
Stir to mix. Add rolled oats.

375-10' mix makes 34 cookies

1 cookie - 67 calories - 3 grams fat. (double)

Good for you

1 cup marg. (room temp)

1 cup brown sugar

2 eggs

1 tsp vanilla

1 1/2 cups whole wheat flour

Cream marg. + b. sugar.

Add eggs one at a time; add vanilla. Mix well.

Stir in flour + b. powder. Stir in raisins + nuts.

Drop by spoonfuls.

375 - 10 - 12 mins.

Wheat Cookies

1 cup flour

1 1/2 tsp baking powder

1 cup raisins

1/2 cup chopped walnuts