Ingredients:

1 cup flour
1 teaspoon baking powder
½ teaspoon salt
½ teaspoon cinnamon
½ teaspoon ginger
1 cup brown sugar, packed firm
1 cup rolled oats
¼ cup vegetable oil
2 tablespoons milk
1 egg

Directions:

1. Heat oven to 350 degrees, lightly grease baking sheet.
2. Stir together flour, baking powder, salt, cinnamon and ginger in bowl.
3. Add brown sugar and rolled oats.
4. Mix in vegetable oil, milk and egg.
5. Stir in ¾ cup chopped walnuts if you like.
6. Drop dough by rounded teaspoons about 2 inches apart on baking sheet.
7. Bake about 10 minutes. Cool on wire rack.

Nutrition Facts

Serving Size (19g) Servings Per Container
Calories 90
Fat Cal. 45

Amount/serving %DV* Amount/serving %DV*
Total Fat 5g 8% Total Carb 10g 3%
Sat. Fat 0.5g 3% Fiber 0g 0%
Trans Fat 0g Sugars 6g
Cholest. 5mg 2% Protein 1g
Sodium 50mg 2%

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