

CHEF & CHILD FOUNDATION RECIPE COLLECTION

STIR 'N DROP OATMEAL COOKIES

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SERVINGS PER RECIPE: 36
SERVING SIZE: 1 cookie



Ingredients:

- 1 cup flour
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 1/2 teaspoon cinnamon
- 1/2 teaspoon ginger
- 1 cup brown sugar, packed firm
- 1 cup rolled oats
- 1/4 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 3/4 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.

Special thanks to Vince Blancato for collecting these recipes and Clemson University for providing the nutritional facts. The American Culinary Federation, Inc., established in 1929, is the premier professional organization for culinarians in North America. With more than 20,000 members in 225 chapters nationwide, ACF is the culinary leader in offering educational resources, training, apprenticeship and accreditation. In addition, ACF operates the most comprehensive certification program for chefs in the United States. ACF is home to ACF Culinary Team USA, the official representative for the United States in major international culinary competitions, and to the Chef & Child Foundation, founded in 1989 to promote proper nutrition in children and to combat childhood obesity. For more information, visit www.acfchefs.org.

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.			
Vitamin A 0% • Vitamin C 2% • Calcium 0% • Iron 2%			



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