

# Poor Man's Oatmeal Cookies

36

## Serving Information

Serves 21

(one serving = 1 small cookie)

## Ingredients

1 c. regular rolled oats  
 ½ c. packed brown sugar  
 ¼ c. Splenda  
 ½ c. flour  
 ⅛ tsp. salt  
 ½ tsp. baking soda  
 ⅛ c. hot water  
 ¼ c. margarine, melted and cooled  
 ½ tsp. vanilla extract or flavoring  
 Cooking spray

## Equipment

Measuring cups and  
 spoons 2 mixing bowls  
 Cookie sheet

## Directions

1. Preheat oven to 350°F and spray cookie sheet.
2. In large mixing bowl, combine oats, sugars, flour, and salt.
3. In small bowl, combine baking soda and water, melted margarine, and vanilla; stir into oat mixture.
4. Roll into walnut sized balls and place on prepared cookie sheet.
5. Bake for 10 minutes or until golden brown.
6. Remove from oven and let cool for 2 minutes before placing on cooling rack.

## Nutrition Facts

Serving Size 1 small cookie (15g)

Servings Per Container 21

### Amount Per Serving

**Calories 60**      **Calories from Fat 20**

% Daily Value\*

**Total Fat 2.5g**      **4%**

 Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol 0mg**      **0%**
**Sodium 110mg**      **5%**
**Total Carbohydrate 10g**      **3%**

 Dietary Fiber 0g      **0%**

Sugars 5g

**Protein 1g**

Vitamin A 2%      • Vitamin C 0%

Calcium 0%      • Iron 2%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories	2,000	2,500
Total Fat	Less Than	65g	80g	
Saturated Fat	Less Than	20g	25g	
Cholesterol	Less Than	300mg	300 mg	
Sodium	Less Than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

**Source:** Diabetes Education Program WVUES 1999-2000

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## **Talking Points**

### **Poor Man's Oatmeal Cookies**

1. This recipe tastes like the traditional oatmeal cookie but has fewer calories.
2. These cookies have no cholesterol and are low in saturated fat.
3. The small size helps to control portions.

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