

Whole Wheat Sugar Cookies

Ingredients

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| Margarine or butter | 1 1/2 cups |
| Sugar | 3 cup |
| Eggs, large | 3 |
| Vanilla | 1 Tbsp |
| Milk, low fat | 3/8 cups |
| Whole wheat flour | 6 cups |
| Baking Powder | 1 Tbsp |
| Baking Soda | 1 1/2 tsp |
| Salt | 1 1/2 tsp |
| Ground Nutmeg | 1 tsp |
| Ground Cinnamon | 1 tsp |

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|-----------------|---------|
| Sugar | 1/2 cup |
| Ground Cinnamon | 2 tsp |

Nutrients:

1 cookie

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| Calories | 173 |
| Protein | 3 g |
| Carbohydrate | 28 g |
| Total Fat | 6.2 g |
| Sat. Fat | 1.3 g |
| Cholesterol | 15 mg |
| Vitamin A | 75 RE |
| Vitamin C | 0mg |
| Iron | .8 mg |
| Calcium | 30mg |
| Sodium | 207 mg |
| Dietary Fiber | 2 g |

Directions:

*Cream margarine or butter and sugar.

*Add egg, vanilla, and milk. Mix for 1 minute or until smooth.

*Mix all dry ingredients. Add gradually to the creamed mixture. Mix for 1 minute or until well blended.

*Portion with a No. 30 scoop on lightly greased or paper lined sheet pan.

*Combine sugar and cinnamon in a salt shaker and sprinkle over cookies.

*Bake at 375° for 12 minutes, until lightly brown.

Yield: 50 cookies



**Walla Walla Public Schools
Food Service
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