

Oatmeal Cookies

Nonstick cooking spray
 $\frac{3}{4}$ cup sugar
2 tablespoons margarine
1 egg
 $\frac{1}{3}$ cup applesauce
2 tablespoons 1% low fat milk
1 cup flour
 $\frac{1}{4}$ teaspoon baking soda
 $\frac{1}{2}$ teaspoon ground cinnamon
 $1\frac{1}{2}$ cups quick rolled oats
 $\frac{1}{2}$ cup raisins (optional)

Makes 28 portions, 1 cookie each

Per portion

Calories:	72
Carbohydrate:	14 grams
Protein:	1 gram
Fat:	1 gram
Saturated fat:	0
Cholesterol:	8 milligrams
Sodium:	26 milligrams
Dietary fiber:	1 gram

1. Preheat oven to 350°.
2. Lightly spray baking sheet with cooking spray.
3. In a large bowl, use an electric mixer on medium speed to mix sugar and margarine. Mix until well blended, about 3 minutes.
4. Slowly add egg; mix on medium speed 1 minute. Gradually add applesauce and milk. Mix on medium speed 1 minute. Scrape sides of bowl.
5. In another bowl, combine flour, baking soda, and cinnamon. Slowly add to applesauce mixture. Mix on low speed until blended, about 2 minutes. Add oats and raisins (optional). Blend 30 seconds on low speed. Scrape sides of bowl.
6. Drop by teaspoonfuls onto baking sheet, about 2 inches apart.
7. Bake at 350° for 13 to 15 minutes, until lightly browned. Remove from baking sheet while still warm. Cool on wire rack.