

OATMEAL NUT COOKIES

Yield 100

Portion 2 Cookies

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
296 cal	37 g	7 g	14 g	16 mg	169 mg	47 mg

Ingredient

FLOUR,WHEAT,GENERAL PURPOSE
 SALT
 BAKING SODA
 BAKING POWDER
 EGGS,WHOLE,FROZEN
 WATER
 EXTRACT,VANILLA
 SHORTENING
 SUGAR,GRANULATED
 SUGAR,BROWN,PACKED
 CEREAL,OATMEAL,ROLLED
 NUTS,UNSALTED,CHOPPED,COARSELY
 COOKING SPRAY,NONSTICK

Weight

2-1/4 lbs
 7/8 oz
 3/8 oz
 1-1/3 oz
 12-7/8 oz
 4-1/8 oz
 7/8 oz
 2 lbs
 1-1/2 lbs
 1-1/3 lbs
 5-1/8 lbs
 1 lbs
 2 oz

Measure

2 qts
 1 tbsp
 3/8 tsp
 2-2/3 tbsp
 1-1/2 cup
 1/2 cup
 2 tbsp
 1 qts 1/2 cup
 3-1/2 cup
 1 qts 1/4 cup
 3 qts 3 cup
 3-1/8 cup
 1/4 cup 1/3 tbsp

Issue**Method**

- 1 Sift together flour, salt, baking soda, and baking powder; set aside for use in Step 2.
- 2 Place eggs, water, vanilla, shortening, and sugars in mixer bowl. Beat at low speed for 1 to 2 minutes or until well blended. Add dry ingredients; mix at low speed for 2 to 3 minutes or until smooth.
- 3 Add rolled oats and unsalted nuts; mix about 1 minute.
- 4 Lightly spray each pan with non-stick cooking spray. Drop about 1 tablespoon dough in rows of 5 by 7, on lightly sprayed pans.
- 5 Using a convection oven, bake at 325 F. for 13 to 15 minutes or until lightly browned on high fan, open vent.
- 6 Loosen cookies from pans while still warm.