

## 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.