

## *Griddle Cakes*

1 1/4 cups master mix  
1/8 cup vegetable oil  
3/4 cup water  
1 egg

Mix ingredients until blended.  
Use greased griddle or skillet.  
Makes 8 griddle cakes.

## *Oatmeal Cookies*

2 1/2 cups master mix	2 eggs, beaten
1/2 cup vegetable oil	1 teaspoon cinnamon
1 cup sugar	1 cup quick cooking oatmeal
1/3 cup water	1/2 cup raisins

Mix all ingredients except raisins, until blended. Stir in raisins.  
Drop by teaspoonful on greased baking sheet. Bake at 375° for 10 to 12 minutes.

## Nutrition Facts

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Servings Per Recipe 8

Amount Per Serving

Calories 163

Total Fat 7g

\*Vitamin A 3%

\*Calcium 5%

37% of total calories from fat

Sodium 293mg

\*Vitamin C 0%

\*Iron 7%

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Released by Gail M. Hanula, MS, RD, LD, Family Nutrition Program Specialist

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## Nutrition Facts

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Servings Per Recipe 36 cookies

Amount Per Cookie

Calories 92

Total Fat 3g

\*Vitamin A 1%

\*Calcium 2%

25% of total calories from fat

Sodium 82mg

\*Vitamin C 0%

\*Iron 3%

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