



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

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

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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