



Lunch Box Oatmeal Cookies

Name _____ Period _____

Cookbook: Kid Favorites Made Healthy by Better Homes and Gardens

Preparation Time: 25 minutes

Oven: 375°F

Bake Time: 7 minutes per batch

Recipe: This recipe is cut in half

1. Follow all FCS lab rules.
2. Get towels; fill sink with soap and hot water.

Day 1:

3. Get a large mixing bowl. Measure each ingredient carefully and follow the directions given.

Ingredients	Whole Amounts	$\frac{1}{2}$ Recipe <small>*use these for Class lab.</small>	Team Member Assigned to Task
Butter or Margarine		$\frac{1}{4}$ cup softened	
Reduced-Fat Peanut Butter		$\frac{1}{4}$ cup	
<ul style="list-style-type: none"> • With an electric mixer, beat butter and peanut butter on medium to high speed about 30 seconds or until combined. 			
Granulated Sugar		2 Tablespoons and 2 teaspoons	
Packed Brown Sugar		2 Tablespoons and 2 teaspoons	
Baking Soda		$\frac{1}{4}$ teaspoons	
<ul style="list-style-type: none"> • Add sugar, brown sugar, and soda to mixing bowl. Beat until combined, scraping sides of bowl occasionally. 			
Egg White		1 large egg white (or a small whole egg)	
Vanilla		$\frac{1}{4}$ teaspoon	
<ul style="list-style-type: none"> • Beat in egg white and vanilla until combined. 			
Sifted Flour		$\frac{1}{2}$ cup	
<ul style="list-style-type: none"> • Beat in as much flour as you can with the mixer. Stir in any remaining flour. 			
<ul style="list-style-type: none"> • Store in container. Label. Put in refrigerator. Clean 			All

1. Follow all FCS lab rules.
2. Get towels; fill sink with soap and hot water.

Day 2:

3. Get cookie mixture from day 1. Measure each ingredient carefully and follow the directions given.

Ingredients	Whole Amounts	$\frac{1}{2}$ Recipe <small>*use these for Class lab.</small>	Team Member Assigned to Task
<ul style="list-style-type: none"> • Preheat oven to <i>Oven: 375°F</i> 			
Quick Cooking Rolled oats		$\frac{1}{2}$ cup	
Optional - Butterscotch Chips or Raisins		$\frac{1}{2}$ cup	
<ul style="list-style-type: none"> • Stir in oats and chips (or raisins) 			
<ul style="list-style-type: none"> • Drop dough by rounded teaspoons 2 inches apart on ungreased cookie sheet. 			
<ul style="list-style-type: none"> • Set timer. Bake for about 7 minutes or until edges are golden. 			
<ul style="list-style-type: none"> • Cool on cookie sheet for 1 minute. 			
<ul style="list-style-type: none"> • Remove cookies and place on paper towels or wire rack. Let cool. 			
<ul style="list-style-type: none"> • Enjoy! 			All
<ul style="list-style-type: none"> • Clean 			All
<ul style="list-style-type: none"> • Check with teacher 			All



A Few Lab Questions

- *Did you like the cookies?* _____
- *What are 2 ways this recipe is trying to keep the fat content low?* _____

- *What are the amounts for each ingredient if you decide to make the whole recipe? (Fill in the table.)*
- *What equipment changes might need to be made if recipes are cut in half or doubled?* _____
- *Would you change the time or temperature for these cookies if you made the whole recipe?* _____