



DIANA'S OATMEAL COOKIES

You need: 1 & 1/3 cups white sugar
 1 stick real butter (4-oz)
2 whole eggs 1-tsp vanilla
2-cups chopped oat s 2-cups flour
1-tsp baking soda 1 & 1/3 cups raisins

To do: 1) Cream butter & sugar till very light
 2) Beat in eggs, one by one; mix till very
 light & creamy
 3) Add vanilla; mix well
 4) Mix dry ingredients well and add to
 creamed mix
 5) Add raisins and drop dough by the
 tablespoonful onto greased pan
 6) Bake at 350F for 12-15 minutes
 7) Remove from pan immediately

2 cookies per portion, with 1 glass (1%) milk Enjoy!

☺ **These cookies are 30% fat, or 28% if you have the 1% milk with them. They fit well into a healthy meal plan.**

For diabetics- 2 cookies= 2+ CHO (33gm)

8-oz 1% milk & 2 cookies= 3 CHO (44.3gm)

