

Kimballs favorite Cookie 10

Number of Servings: 10 (21.43 g per serving)

Amount	Measure	Ingredient
1/4	cup	Oil, canola
3 1/4	Tbs	Sugar, powdered, unsftd
3 1/4	Tbs	Sugar, white, granulated
3/8	ea	Egg, whole, raw, lrg
1/4	tsp	Flavor, vanilla extract
9 1/2	Tbs	Flour, whole wheat
1/4	tsp	Baking Soda
1/4	tsp	Cream of Tartar

Nutrients per serving

Nutrition Facts	
Serving Size (21g)	
Servings Per Container	
Amount Per Serving	
Calories 100	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 35mg	1%
Total Carbohydrate 12g	4%
Dietary Fiber 1g	4%
Sugars 7g	
Protein 1g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Instructions

Beat oil, egg(s), sugars and vanilla until creamy, a couple of minutes with a mixer. Add the whole wheat flour, soda and cream of tartar and mix until all dry ingredients are mixed in well.

Form into balls (1 level Tablespoon of dough) or scoop into balls the size of a half full #40 scoop. Place on baking sheet and press down each ball with your fingers.

Each cookie may be sprinkled with cinnamon and sugar, coconut or ground nuts for variety. Bake at 350 degrees for 10 minutes. Remove from pan and cool. These are a thin, crisp cookie.

1 serving = One 3-3 1/2" cookie = 1 carb serving

- Wash hands immediately before engaging in food preparation and again after engaging in any activities that contaminate the hands.
- Single gloves should be used for only one task and then discarded. Use clean gloves or tongs to handle or serve baked cookies.

Notes

A large egg is about 3 Tablespoons