HEARTY OATMEAL COOKIES

36 COOKIES

Preparation time: 20 minutes
Cook time: 12-15 minutes

INGREDIENTS

¾ cup margarine
½ cup brown sugar
½ cup white sugar
2 egg whites or 1 egg
¼ cup water
1 teaspoon vanilla
½ cup whole-wheat flour
½ cup all-purpose flour
½ teaspoon baking soda
1 cup raisins
3 cups quick or old-fashioned rolled oats

DIRECTIONS

1. Preheat oven to 350°F.
2. Cream margarine and sugars together.
3. Add egg whites, water, and vanilla and beat mixture until creamy.
4. Mix flours and baking soda together and beat into margarine mixture.
5. Stir in raisins and rolled oats.
6. Drop by teaspoonfuls onto ungreased baking sheet.

WAYS FOR KIDS TO HELP

- CHILDREN CAN mix and dump ingredients.
- CHILDREN CAN drop dough onto baking sheet.

SIMPLY GOOD EATING