

## Breakfast Cookies

12 servings

Eating breakfast provides your body with the energy it needs to start the day, helps you to stay alert, and can improve your mood.

- $\frac{3}{4}$  cup all-purpose flour
- $\frac{1}{2}$  teaspoon ground cinnamon
- $\frac{1}{2}$  teaspoon baking powder
- $\frac{1}{4}$  cup vegetable oil
- $\frac{1}{3}$  cup brown sugar
- 1 egg
- 1 teaspoon vanilla
- 1 medium apple, gently rubbed under cold running water, diced
- $1\frac{1}{2}$  cups oatmeal
- $\frac{3}{4}$  cup shredded Cheddar cheese
- $\frac{1}{2}$  cup dried fruit (cherries, cranberries, raisins, etc.)



1. Wash hands with soap and water.
2. Preheat the oven to 350 °F. Spray a baking sheet with nonstick cooking spray and set aside.
3. In a large bowl, stir together flour, cinnamon, and baking powder.
4. Add oil, brown sugar, egg, and vanilla. Mix well.
5. Stir in apple, oatmeal, shredded cheese, and dried fruit.
6. Using a spoon, scoop dough into 12 even balls and place onto the prepared baking sheet. Wet your fingers and pat each cookie down into a circle on the baking sheet.
7. Wash hands after handling raw cookie dough.
8. Bake for 12-14 minutes, until set in the middle and lightly browned on the edges.
9. Allow cookies to cool.
10. Store leftovers in a covered container at room temperature.

**Nutrition Information per Serving** (1 cookie): Calories 190, Total Fat 8g, Saturated Fat 2g, Cholesterol 20mg, Sodium 55mg, Total Carbohydrates 26g, Dietary Fiber 1g, Total Sugars 12g, includes 6g Added Sugars, Protein 4g, Vitamin D 0%, Calcium 8%, Iron 6%, Potassium 2%.

**Recipe Source:** This recipe is provided by Iowa State University Extension and Outreach. For more resources like this, visit the Spend Smart. Eat Smart. website at <http://spendsmart.extension.iastate.edu>. Spend Smart. Eat Smart. is a registered trademark of Iowa State University.