

Chunky Oatmeal Cookies

Serves 12, 3 cookies per serving • Prep time: 15 minutes • Cook time: 20–30 minutes

Ingredients

- ½ cup unsalted butter
- ½ cup white granulated sugar
- ½ cup brown sugar
- 1 large egg
- 2 Tablespoons nonfat milk
- ½ teaspoon vanilla extract
- 1 cup whole wheat flour
- ½ teaspoon salt
- ½ teaspoon baking soda
- 1½ cups quick-cooking rolled oats
- 1 cup of “mix-ins,” such as chopped dried fruit, chocolate chips, or chopped nuts
- Non-stick cooking spray

Materials

- Baking sheet • Large bowl •
- Measuring cups • Measuring spoons
- Microwave-safe bowl • Rubber spatula • Sharp knife

Directions

1. Preheat oven to 350°F.
2. Cut butter stick in half. Soften at room temperature. Or, place in a microwave-safe bowl. Heat in microwave for 10–15 seconds to soften. Be careful not to melt butter.
3. In a large bowl, blend butter, white sugar, and brown sugar, using a rubber spatula or fork. Mix until light and creamy.
4. Crack egg into bowl. Add milk and vanilla. Mix until smooth.
5. Add flour, salt, and baking soda. Mix until just blended. Do not overmix.
6. Add rolled oats and “mix-ins.” Mix until all ingredients are blended.
7. Lightly coat a baking sheet with non-stick cooking spray.
8. Scoop 1 Tablespoon of dough per cookie. Use your hands to shape dough into a ball. Place 2 inches apart on the baking sheet.
9. Bake until cookies are lightly browned on bottom, about 8–10 minutes. Remove from oven. Let sit 2–3 minutes to firm up before removing from baking sheet. Let cool.
10. Repeat steps 7–9 until all cookies are baked.

Chef’s Notes

★ Cookies may take more or less time to become lightly browned depending on your oven. Watch closely so they do not burn.

Nutrition Facts	
Serving Size 3 cookies (22g)	
Servings per Recipe 12	
Amount Per Serving	
Calories 90	Calories from Fat 40
% Daily Value*	
Total Fat 4.5g	7%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 55mg	2%
Total Carbohydrate 13g	4%
Dietary Fiber 1g	4%
Sugars 7g	
Protein 2g	
Vitamin A 2%	• 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.

