

# Whole Wheat Cookies

Desserts

B-02

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Margarine or butter	6 oz	3/4 cups	12 oz	1 1/2 cups	1. In a mixing bowl, use a paddle attachment on medium speed to cream margarine or butter and sugar for 10 minutes.
Sugar	12 oz	1 1/2 cups	1 lb 8 oz	3 cups	
Fresh large eggs OR		2 each		4 each	2. Add eggs, vanilla, and milk. Mix on medium speed for 1 minute until smooth. Scrape the sides of the bowl.
Frozen whole eggs, thawed	4 oz	1/2 cup	8 oz	1 cup	
Vanilla		1 1/2 tsp		1 Tbsp	3. In a bowl, combine flour, baking powder, baking soda, salt, nutmeg, and cinnamon. Gradually add to the creamed mixture and mix on medium speed for 1 minute until well blended. Scrape the sides of the bowl.
Lowfat milk		3 Tbsp		1/4 cup 2 Tbsp	
Whole wheat flour	15 oz	3 cups	1 lb 14 oz	1 qt 2 cups	4. Using a No. 30 scoop, portion dough (4 x 5) on lightly greased or paper-lined sheet pans (18" x 26" x 1").
Baking powder		1 1/2 tsp		1 Tbsp	
Baking soda		3/4 tsp		1 1/2 tsp	5. Combine sugar and cinnamon in a shaker and sprinkle over cookies.
Salt		3/4 tsp		1 1/2 tsp	
Ground nutmeg		1/2 tsp		1 tsp	6. To Bake: Conventional Oven: 375 degrees F, 12 minutes Convection Oven: 350 degrees F, 16 minutes Bake until light brown.
Ground cinnamon		1/2 tsp		1 tsp	
Sugar	2 oz	1/4 cup	4 oz	1/2 cup	6. To Bake: Conventional Oven: 375 degrees F, 12 minutes Convection Oven: 350 degrees F, 16 minutes Bake until light brown.
Ground cinnamon		1 tsp		2 tsp	

SERVING:	YIELD:	VOLUME:
1 cookie	<b>25 Servings:</b> 2 lb 4 oz	<b>25 Servings:</b> 1 qt (dough)
	<b>50 Servings:</b> 4 lb 8 oz	<b>50 Servings:</b> 2 qt (dough)

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Special Tip:  
For a lighter texture, substitute all-purpose flour for half of the whole wheat flour.

Nutrients Per Serving					
<b>Calories</b>	177	<b>Saturated Fat</b>	1.1 g	<b>Iron</b>	.8 mg
<b>Protein</b>	3 g	<b>Cholesterol</b>	19 mg	<b>Calcium</b>	35 mg
<b>Carbohydrate</b>	29 g	<b>Vitamin A</b>	77 RE/258 IU	<b>Sodium</b>	201 mg
<b>Total Fat</b>	6.3 g	<b>Vitamin C</b>	0 mg	<b>Dietary Fiber</b>	2 g

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