



# Fruity Oatmeal Cookies

Makes 36 servings | Grain • Fruit

## Ingredients

- 3 cups old fashioned oats
- 2½ cups whole-wheat flour
- 1½ cups brown sugar
- 1 teaspoon salt
- ½ teaspoon cinnamon
- 6 ounces dried fruit, chopped (apricots, plums, cranberries)
- ¾ cup canola oil
- 2 eggs
- 1 teaspoon baking soda
- 1½ teaspoons vanilla
- ½ low-fat milk
- ¾ cup chopped walnuts (optional)

## Directions

1. Wash hands with warm, soapy water.
2. In a large bowl, combine oats, flour, sugar, salt, cinnamon, dried fruit, and walnuts. Mix well, by hand, to break up any lumps.
3. Add oil. Work in with fingers until well blended.
4. Combine baking soda, vanilla, eggs, and milk and pour over oat mixture. Mix well with fingers. Dough will be very stiff and thick.
5. Form cookies using a spoon or make 1½-inch balls by hand. Place on baking sheet (any size) coated with nonstick spray. Press each down on each cookie with wet fingertips. Bake at 325°F for 10-15 minutes.



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