

Whole Wheat Sugar Cookies

Ingredients	50 Servings		100 Servings		Directions	
	Weight	Measure	Weight	Measure		
Margarine or butter	12 oz	1 ½ cups	1 lb 8 oz	3 cups	1. Cream margarine or butter and sugar in mixer with paddle attachment on medium speed for 10 minutes.	
Sugar	1 lb 8 oz	3 cups	3 lb	1 qt 2 cups		
Frozen whole eggs, thawed OR Fresh large eggs (see Special Tip)	6 oz	¾ cup OR 4 each	12 oz	1 ½ cups OR 7 each	2. Add eggs, vanilla, and milk. Mix for 1 minute on low speed or until smooth. Scrape down sides of bowl.	
Vanilla		1 Tbsp		2 Tbsp		
Lowfat 1% milk		¾ cup		¾ cup	3. In a separate bowl, combine flour, baking powder, baking soda, salt, nutmeg, and cinnamon. Gradually add to the creamed mixture and mix for 1 minute on low speed until blended.	
Whole wheat flour	1 lb 13 oz	1 qt 2 cups	3 lb 10 oz	3 qt		
Baking powder		1 Tbsp		2 Tbsp		
Baking soda		1 ½ tsp		1 Tbsp		
Salt		1 ½ tsp		1 Tbsp		
Ground nutmeg		1 tsp		2 tsp		
Ground cinnamon		1 tsp		2 tsp		
						4. Lightly coat each sheet pan (18" x 26" x 1") with pan release spray or line with parchment paper. Portion with a No. 30 scoop (2 Tbsp) in rows of 4 across and 5 down. For 50 servings, use 3 pans, 1 pan will only have 10 cookies. For 100 servings, use 4 pans.
Sugar	4 oz	½ cup	8 oz	1 cup		
Ground cinnamon		2 tsp		1 Tbsp 1 tsp		5. Combine sugar and cinnamon and sprinkle over cookies.
					6. Bake until light brown: Conventional oven: 375° F for 12 minutes Convection oven: 350° F for 6 minutes	

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Desserts

C-30

SERVING:	YIELD:	VOLUME:
1 cookie. For Enhanced Meal Pattern only: 1 cookie provides 1 serving of grains/breads.	50 Servings: about 4 lb 11 oz (dough)	50 Servings: about 1 quart 2 $\frac{2}{3}$ cups (dough) 50 cookies
	100 Servings: about 9 lb 6 oz (dough)	100 Servings: about 3 quarts 1 $\frac{1}{2}$ cup (dough) 100 cookies

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Special Tip:

For 50 servings, use 2 oz ($\frac{2}{3}$ cup) dried whole eggs and $\frac{2}{3}$ cup water in place of eggs.

For 100 servings, use 3 $\frac{1}{2}$ oz (1 cup 3 Tbsp) dried whole eggs and 1 cup 3 Tbsp water in place of eggs.

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

Nutrients Per Serving					
Calories	173	Saturated Fat	1.29 g	Iron	0.78 mg
Protein	2.81 g	Cholesterol	15 mg	Calcium	30 mg
Carbohydrate	28.22 g	Vitamin A	269 IU	Sodium	207 mg
Total Fat	6.17 g	Vitamin C	0.1 mg	Dietary Fiber	2.1 g