

Whole Wheat Sugar Cookies

Desserts, C-30

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Margarine or butter	12 oz	1 ½ cups	1 lb 8 oz	3 cups	<ol style="list-style-type: none"> 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	6 oz	¾ cup	12 oz	1 ½ cups	<ol style="list-style-type: none"> 2. Add eggs, vanilla, and milk. Mix for 1 minute on low speed or until smooth. Scrape down sides of bowl.
OR		OR		OR	
Fresh large eggs (see Special Tip)		4 each		7 each	
Vanilla		1 Tbsp		2 Tbsp	<ol style="list-style-type: none"> 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.
Lowfat 1% milk		¾ cup		¾ cup	
Whole wheat flour	1 lb 13 oz	1 qt 2 cups	3 lb 10 oz	3 qt	

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	
<p>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,</p>					
Sugar	4 oz	1/2 cup	8 oz	1 cup	
<p>5. Combine sugar and cinnamon and sprinkle over cookies.</p>					
Ground cinnamon		2 tsp		1 Tbsp 1 tsp	
<p>6. Bake until light brown in conventional oven at 375°F for 12 minutes or convection oven at 350°F for 6 minutes.</p>					

Notes

Special Tips:

For 50 servings, use 3 pans (2 cups) divided into 5 rows and 2 cups water in place of eggs.

- For 100 servings, use 3 ½ 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.

Serving	Yield	Volume
Serving is 1 cookie. 1 cookie provides 1 oz equivalent of grains.	50 Servings: about 4 lb 11 oz (dough)	50 Servings: about 1 quart 2 ? cups (dough) 50 cookies
	100 Servings: about 9 lb 6 oz (dough)	100 Servings: about 3 quarts 1 ? cup (dough) 100 cookies

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