

Ingredients

Cookies



Recipe by Betty Crocker

Old-Fashioned Apple

- 1 cup packed brown sugar
- 1/2 cup butter, softened
- 1 1/2 cup all purpose flour
- 1/2 tsp. salt
- 1 tsp. ground nutmeg
- 1/2 tsp. baking soda
- 1 medium apple, diced

Yield: 24 servings Serving size: 1 cookie



Directions (O)



- 1). Heat oven to 375°. Grease cookie sheet with shortening. Cream butter, then add the brown sugar and cream until well blended. Add the egg and incorporate into the butter until it is light and fluffy. Whisk the flour, nutmeg, salt and baking soda together and add to the rest of the ingredients. Stir in apple.
- 2). Drop dough by rounded teaspoonful about 2 inches apart onto cookie sheet.

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Fast Facts



Nutrition Facts

24 servings per container

Serving size

Amount Per Serving

Saturated Fat 2.5g

Total Carbohydrate 16g

Dietary Fiber 0g

Total Sugars 10g

Calories

Trans Fat 0g Cholesterol 15mg

Sodium 55mg

Total Fat 4g





1 cookie (1g)

100

% Daily Value

13%

5%

2%

6%

0%

Featured Food Groups





Cooking Tips

- You can add oats
- Add a tsp. of cinnamon or nutmeg
- Add an extra apple or two

		_

Includes 9g Added Sugars	18%
Protein 1g	2%
Vitamin D 0mcg	0%
Calcium 13mg	0%
Iron 0.54mg	4%
Potassium 47mg	0%
*The % Daily Value (DV) tells you how much a nutrien serving of food contributes to a daily diet. 2,000 calor day is used for general nutrition advice.	

Second Harvest is an equal opportunity provider.



Fast Facts













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Nutrition 24 servings per contain		
Serving size	1 cookie (1g)	
Amount Per Serving Calories	100	
	% Daily Value*	
Total Fat 4g	5%	
Saturated Fat 2.5g	13%	
Trans Fat 0g		
Cholesterol 15mg	5%	
Sodium 55mg	2%	
Total Carbohydrate 16g	6%	
Dietary Fiber 0g	0%	
Total Sugars 10g		
Includes 9g Added Su	gars 18 %	
Protein 1g	2%	
Vitamin D 0mcg	0%	
Calcium 13mg	0%	
Iron 0.54mg	4%	
Potassium 47mg	0%	
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