



# Old-Fashioned Apple



## Ingredients



## Cookies

*Recipe by Betty Crocker*

- 1 cup packed brown sugar
- 1/2 cup butter, softened
- 1 egg
- 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

- 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.

Visit [secondharvestkitchen.org](http://secondharvestkitchen.org) to find more recipes, free classes, and ways to get involved!



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# Fast Facts



## Featured Food Groups



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## Nutrition Facts

24 servings per container  
**Serving size** 1 cookie (1g)

Amount Per Serving	
<b>Calories</b> 100	
	% Daily Value*
<b>Total Fat</b> 4g	5%
Saturated Fat 2.5g	13%
Trans Fat 0g	
<b>Cholesterol</b> 15mg	5%
<b>Sodium</b> 55mg	2%
<b>Total Carbohydrate</b> 16g	6%
Dietary Fiber 0g	0%
Total Sugars 10g	
Includes 9g Added Sugars	18%
<b>Protein</b> 1g	2%
Vitamin D 0mcg	0%
Calcium 13mg	0%
Iron 0.54mg	4%
Potassium 47mg	0%

## Cooking Tips



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

Second Harvest is an equal opportunity provider.



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