

# Smart Snickerdoodles



## Nutrition Facts

12 servings per container  
Serving size 2 cookies (48g)

Amount per serving  
**Calories 130**

	% Daily Value*
<b>Total Fat</b> 5g	<b>6%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 110mg	<b>5%</b>
<b>Total Carbohydrate</b> 21g	<b>8%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 10g	
Includes 9g Added Sugars	<b>18%</b>
<b>Protein</b> 3g	
Vitamin D 0mcg	<b>0%</b>
Calcium 46mg	<b>4%</b>
Iron 1mg	<b>6%</b>
Potassium 143mg	<b>4%</b>

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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**Makes**  
12 servings

**Prep time**  
15 minutes

**Cook time**  
10 minutes

**Good source of**

**Ingredients:**  
½ cup reduced- or non-fat (skim) milk  
½ Tbsp. vinegar  
½ tsp. baking soda  
¼ tsp. salt  
½ Tbsp. baking powder  
½ Tbsp. vanilla extract  
1 large egg  
½ cup, plus ½ tsp. sugar, divided  
¼ cup applesauce  
¼ cup vegetable oil  
1½ cups whole wheat flour  
¾ tsp. cinnamon

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## Directions:

1. Preheat oven to 400°F.
2. In a large mixing bowl, stir together milk and vinegar and allow to stand for 5 minutes to thicken. Once thickened, add baking soda, salt, baking powder, and vanilla extract.
3. In a separate mixing bowl, combine egg, ¾ cup of sugar, applesauce, and vegetable oil.
4. Add egg mixture to milk mixture. Stir to combine.
5. Add flour and mix until smooth. Allow batter to rest for 5-10 minutes in the refrigerator.
6. In a separate bowl, combine cinnamon and remaining ¾ teaspoon sugar. Set aside.
7. Spoon about 1 Tbsp. of batter onto a greased baking sheet, leaving about 2 inches of space between each spoonful. Bake for 10 minutes. Cookies are done when they spring back up when touched.
8. Sprinkle a pinch of cinnamon-sugar mix on freshly baked cookies and serve.

