

~ Baking – It's a "piece of cake"! ~

Anyone can produce beautiful baked products – all you have to do is take care to measure properly and follow recipe instructions.

Oatmeal Cookies

1 ¼ cup oats	½ cup brown sugar, firmly packed
1 cup whole wheat flour	1 egg
½ teaspoon baking soda	½ teaspoon vanilla
½ teaspoon salt	½ cup coconut (optional)
½ cup butter, softened	¼ cup chopped nuts (optional)
½ cup sugar	

Preheat oven to 325°. Spray baking sheet with cooking spray. In medium bowl, combine oats, flour, baking soda, and salt. Set aside. In large bowl, combine butter, sugar, brown sugar, egg, and vanilla. Beat until light and fluffy. Mix dry ingredients into butter/sugar mixture. Add coconut and chopped nuts if desired. Drop by spoonfuls onto greased baking sheet and bake 10-12 minutes. *Cookies are better if slightly under-baked.* Cool on wire rack and store in airtight container.

Yield: 2 dozen cookies.

Bread Sticks

1 tablespoon yeast	1 tablespoon malted milk powder (opt.)
1 tablespoon sugar	1 teaspoon salt
1 ½ cups warm water	2 ½ - 4 cups flour*
4 tablespoons butter, melted and divided	Garlic salt
1 tablespoon cornmeal	½ cup grated Parmesan cheese
Course ground pepper	

Preheat oven to 375°. Dissolve yeast and sugar in warm water. Let rest 5 minutes. Spread baking sheet with 2 tablespoons melted butter. Sprinkle with corn meal and ground pepper. Add malted milk powder, salt, and 2 cups flour to yeast mixture. Mix well. Add enough flour to make soft dough. Pour dough onto floured surface and knead until smooth and elastic (about 7-10 minutes). Place dough on baking sheet and roll out to ½ inch thick. Cut into one-inch strips. Brush each strip with remaining butter. Sprinkle with garlic salt and Parmesan cheese. Let rise 15-30 minutes. Bake at 375° for 15-20 minutes or until top is golden brown.

Yield: Approximately 16 bread sticks

**For a more nutritious dish, try making this recipe with 100% whole wheat flour. It is a great tasting way to add whole grains to your meal.*

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Banana Nut Snack Cake

- 2 cups whole wheat flour
- ½ cup brown sugar, packed
- ½ teaspoon cinnamon
- 1 ½ teaspoons baking soda
- 4 ripe bananas, mashed well
- ¼ cup water
- 1 teaspoon vanilla
- ½ cup chopped walnuts
- ½ cup chocolate chips (optional)

Preheat oven to 350°. Combine flour, brown sugar, cinnamon, and soda in a large mixing bowl. In a medium bowl, combine bananas, water, and vanilla. Mix well then add to dry ingredients, stirring to combine. Stir in nuts and chocolate chips. Pour batter into greased 9 x 9 baking pan. Bake 40 – 45 minutes or until toothpick inserted into center of cake comes out clean.

Yield: 9 servings

Did you notice that there is no extra fat or eggs in this recipe? Bananas are a great substitute for the fat and the eggs!

Use the correct measuring tools.

- Use standard dry measures for dry ingredients such as flour, sugar, cocoa, brown sugar, cornmeal, etc.
- Use standard measuring spoons for amounts less than ¼ cup (4 tablespoons).
- Use a standard liquid measuring cup for liquids such as water, oil, milk, honey or corn syrup.

Did you know?

- You lose about 25° of heat every time you open the oven door. Use your oven light and keep the oven window clean so you can see what is happening without having to open the door.
- When you open the door you could cause some items, such as cakes, to fall or sink in the middle.

Baked goods are fun to make and even more fun to eat ... but remember ... they should be eaten in moderation! Even when they have good-for-you ingredients like whole grains they can still be high in fat, sugar, and calories.

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-221-5689 or visit online at

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