

# TEXAS A&M AGRI LIFE EXTENSION

## County Extension Agents

Fallon Foster, M.P.H.  
Family & Community Health  
County Coordinator

Office 409-882-7010



## County Judge

Dean Crooks

## Commissioner Precinct 1

Johnny Trahan

## Commissioner Precinct 2

Barry Burton

## Commissioner Precinct 3

John Gothia

## Commissioner Precinct 4

Jody Crump



Scan and go directly to  
our AgriLife website  
[orange.agrilife.org](http://orange.agrilife.org)

## Orange County AgriLife Newsletter



# Merry Christmas



## Happy New Year



*To our current Ag Agent  
Heston Henry. Heston has ac-  
cepted a job in Ft. Worth and  
will be leaving us December  
7th. Best Wishes.*



Orange County  
Texas A&M AgriLife Extension



Scan and go directly to  
our Facebook page

## Family & Community Health

STAYING HEALTHY DURING

# FLU SEASON

**FEVER** The 2017-2018 flu season was the first season to be classified as **high severity**, hospitalizing **30,453 people** and taking the lives of **185 children**.

**FLU PREVENTION**

- Get the flu vaccine
- Wash your hands
- Cover your mouth when you cough
- Avoid touching your eyes, nose, and mouth
- Stay at home when you are sick

ATLAS AGRI  
AGRI LIFE  
EXTENSION

[AgrilifeExtension.tamu.edu](http://AgrilifeExtension.tamu.edu)

**CDC** [CDC.gov](http://CDC.gov)

## It's Flu Season

October to May



## Must Be Flu Season....



## Is it a cold or flu?



### Signs and Symptoms

### Influenza

### Cold

Symptom onset	Abrupt	Gradual
Fever	Usual	Rare
Aches	Usual	Slight
Chills	Fairly common	Uncommon
Fatigue, weakness	Usual	Sometimes
Sneezing	Sometimes	Common
Stuffy nose	Sometimes	Common
Sore throat	Sometimes	Common
Chest discomfort, cough	Common	Mild to moderate
Headache	Common	Rare



## Family & Community Health

### Slow Cooker Chicken Stew

- vegetable oil cooking spray
- 3 4 ounce chicken breast boneless, skinless
- 1/4 teaspoon salt
- 1/2 teaspoon pepper
- 1 cup chicken broth fat-free, low-sodium
- 2 tablespoons balsamic vinegar
- 1 tablespoon fresh, minced garlic
- 1 medium onion chopped
- 1 large russet potato cubed
- 4 carrots chopped



1. Lightly spray the slow cooker with cooking spray.
2. Lay the chicken breasts on the bottom of slow cooker and add salt, pepper, and chicken broth.
3. In a small bowl, mix balsamic vinegar and garlic; set aside.
4. Add onion, potato, and carrots to the slow cooker.
5. Pour balsamic vinegar mixture on top and cook on low for 6-8 hours or until it reaches an internal temperature of 165 degrees Fahrenheit.

**Nutrition Facts:** 4 servings per container. Serving Size 328g. Calories 230; Total Fat 3g; Cholesterol 60mg; Sodium 370mg; Total Carbohydrate 25g; Dietary Fiber 4g; Total Sugars 6g, Protein 23g.

<https://agrilifeextension.tamu.edu/browse/featured-solutions/healthy-dinner-ideas-for-families-kids/slow-cooker-chicken-stew/>

## ANATOMY OF A SWEATER UPCYCLE



© JENUINEMOM.COM

## RITZ Cheesy Meatballs



- 2 frozen fully cooked bite-size meat balls
- 3 mozzarella cheese slices (0.7 oz. each)
- 24 RITZ Crackers
- 1/4 cup warm spaghetti sauce
- 1 tsp. chopped fresh parsley

### Instructions

- Place meatballs in single layer on microwaveable plate. Microwave on HIGH 45 sec. to 1 min. or until heated through. Cool slightly.
- Meanwhile, cut each cheese slice into 8 pieces; place on crackers. Top each with 1/4 tsp. spaghetti sauce.
- Cut meatballs in half; place, cut sides down, on crackers. Top with remaining spaghetti sauce and parsley.

<https://www.snackworks.com/recipe/ritz-cheesy-meatballs>

## Agriculture/Natural Resources

### ORANGE COUNTY MASTER GARDENERS MONTHLY MEETING Public Welcome

Monthly Meeting is held on the 2nd Thursdays of each month. Starting at 6 pm with a meal social till 6:30 followed by their business meeting and monthly presentation. The public is welcome to visit any of the meeting. The meeting is held at the Orange County Convention and Expo Center, 11475 FM 1442 Orange. If you have further questions about the Orange County Master Gardens contact the Texas A&M AgriLife Extension Office at 409-882-7010.



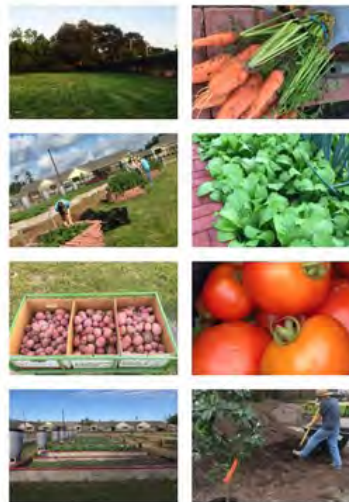
Call or stop by the AgriLife Extension Office

Tuesdays & Thursdays 10am-2pm

Or call and talk with our

Master Gardener on the MG Hotline,  
409-745-9708,

You can also call the office Monday-Friday 882-7010 and leave a message for the Master Gardener .



W I S H

Y O U

W E R E

H E R E

**Volunteer**

@

The Field of Plenty

2120 Wickard  
thefieldofplenty@gmail.com  
Email Us Today!



Although brown patch will clear up as the ground dries, here are some treatment options that will improve conditions:

- Shut off irrigation
- Avoid mowing wet turfgrass
- Remove objects causing excess shade
- Aerate to improve drainage and air circulation
- Order a soil test for deep insight on existing problems



## Family & Community Health

How about an Adult fun day of cooking with friends and family then competing in a food challenge. If this sounds interesting to you, then reserve your spot for the Adult Cooking Class with Rocky listed below.

### COOKING CLASS FOR ADULTS

#### WITH ROCKY

SATURDAY, FEBRUARY 23 @ 10 AM

\$25  
(DUE BY FEBRUARY 15th)

TEXAS A&M AGRILIFE EXTENSION  
11475 FM 1442, ORANGE, TX

3 COURSE MEAL  
DOOR PRIZES!

HAVING FUN WHILE COOKING HEALTHY RECIPES  
MYSTERY BOX INGREDIENTS

*Make your reservation today!*

409-882-7010  
CLASS LIMITED

TEXAS A&M  
**AGRILIFE**  
EXTENSION

### A Fresh Start to A Healthier YOU!

Better Living for Texans would like you to join us for a 4 week series on learning to save money while buying groceries, food safety and meal planning all to a Healthier you!

The class will be held at the Raymond Gould Community Center in Vidor in the evening from 6 pm to 7pm on the following Tuesdays, February 5th, 12th, 19th and 26th.

The classes are free to attend and everyone is welcome. Call the office to reserve your spot.

For additional information contact, Tommy Byers with the Texas A&M AgriLife Extension Better Living for Texans, 409-882-7010.



Needing a yummy Christmas present or just some goodies? We have plenty of chocolate covered pecans, almonds, glazed pecans and almonds, Texas baskets with chocolate and white chocolate pecans, Mixed nut and fruit basket, specialty nuts and mixes, pecan topping and plain pecans.

Come see us at the AgriLife Office we are open Monday—Friday, 8 am to 12 noon and 1 pm to 5 pm. All proceeds go to our Orange County 4-H Office. Questions, give us a call at

409-882-7010.



## Agriculture/Natural Resources



### Poinsettia Facts

by Jennifer Buckner  
Director of Horticulture – Shangri La  
Botanical Gardens & Nature Center

Nothing says, “Get ready for Christmas!” more than a beautiful Poinsettia. But do you know the history behind the popular Christmas flower? The “Flor de Noche Buena” or Christmas Eve Flower, as Poinsettias are known in their native Mexico and Central America habitat, is a tropical woody shrub that can reach up to 10 feet tall. The Aztecs who used the bracts called them ‘cuitlaxochitl’, the colorful modified leaves surrounding the yellow flowers, for dye and the milky sap as a fever reducer.

Poinsettias began their association with Christmas in the 17<sup>th</sup> century when Franciscan friars included them in their Christmas celebrations. The star-shaped patterns of the leaves symbolize the Star of Bethlehem and the red color represents Jesus’ blood sacrifice.

The popularity of the plant in the United States is due to one man, Joel Roberts Poinsett, the Poinsettia’s namesake. Poinsett was the first U.S. Minister to Mexico as well as a botanist and physician. He was intrigued by the winter flower and brought it back to his South Carolina greenhouse for cultivation in the 1830’s.

#### Caring for Your Poinsettia All Year

During the Christmas Holiday:

- Keep your Poinsettia in a bright, indirect lit location inside
- Water when potting mix begins to feel dry to the touch
- Keep away from hot or cold drafts
- Begin fertilizing after color begins to fade
- Protect from temperatures below 50°F

After the Christmas Holiday to Early Autumn:

- Place Poinsettia in a sunny indoor location and keep soil barely moist
- Trim to about 8” tall after leaves fall in the Spring, keep watered and fertilized
- When new growth appears repot and take outside, fertilize weekly and give morning sun
- Pinch a quarter of the tips of the Poinsettia back to encourage branching
- Bring indoors when night temperatures fall below 50°F

From October 1 to December 15:

- Place in a dark place from 5PM to 8AM. Make sure absolutely NO light breaks this dark time
- Give 6-8 hours for sun per day
- After bracts start to color, discontinue long nights and fertilizer
- Place poinsettia in its final holiday location!

**Enjoy you Poinsettia!**

---

Fact 10. True or False. The poinsettia is a poisonous plant. If you answered false, you're correct. The plant has been tested repeatedly and cleared of this charge by authorities such as the National Poison Center in Atlanta, Georgia, and the American Medical Association. However, this doesn't mean that poinsettias are meant to be eaten. If ingested, this plant can cause stomach irritation and discomfort. Cats and children also may choke on the fibrous parts, so be sure to keep these plants out of their reach. The sticky white sap also may cause skin irritation for some people.





## 4-H/Youth Development



Thursday, December 20th

6 pm to 8 pm

Orange County Convention & Expo Center

All family members are invited to join the Christmas Party. We will have fun games for all age groups.

We are asking each family to bring a food dish of your choice, (casserole, veggies, finger foods, salads etc.)

Gingerbread House Competition for Youth & Adults



### Community Service:

Collecting Non-Perishable items for Military Care Packages for our Troops. Snacks such as beef jerky, protein bars, hard candies, cough drops, local seasonings, men and women toiletries.

Nothing with electronics or GPS.  
Monetary donations for shipping cost.

Questions: Call the 4-H Office 409-882-7010

## LIVESTOCK SHOW

### Major Show Dates

Fort Worth Livestock Show & Rodeo

January 18th—February 9th

San Antonio Livestock Show & Rodeo

February 7th—February 24

Houston Livestock Show & Rodeo

February 25th— March 19th

**OPEN SHOP DEADLINE**

**JAN. 2ND**

### South Texas State Fair—Beaumont

March 21st—March 31st

**RABBIT ENTRY DEADLINE**

**FEB 4th**

### SHOW DATES

Lamb & Goat Show—March 21st

Poultry Show—March 22nd

Rabbit Show—March 23

Swine Show & F-! - March 24th

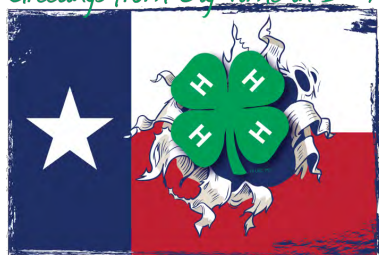
Steer Show—March 26th

### AUCTION

Poultry & Rabbits—March 27th

Lambs, Goats, F-1 & Steers-March 28th

*Greetings from Big Time in D-9*



*Southeast District 9 4-H Roundup*

4-H Members. It's time to start preparing for District 9 Roundup in Conroe. You have many choices of participation to choose from. Last year we had members participate in fashion storyboard, food show, educational presentation, and fashion show. We are looking forward to another exciting year in Conroe.

## 4-H/Youth Development



### Adult Leaders Association

2nd Monday @ 7 pm  
4-H Office

### Clay Busters Shooting Sport

Meetings—3rd Tuesday  
6 pm 4-H Office  
Tuesdays Shooting practice 6 pm  
Orange County Gun Club  
Robert Caffey 409-767-6222  
robert.caffey@kodiakgas.com

### Dusty Trails 4-H & Clover Kids Club

1st Tuesday  
6pm @ 4-H Office  
Chesley Walters 409-781-0946  
Tommy Byers 409-216-9865

### Mighty Pirates 4-H

2nd Tuesday @ 7 pm,  
Vidor Junior High Cafeteria  
Tammy Glawson 409-474-2811  
Franny Woods 409-330-7024

### Boots & Bridles 4-H Horse Club

3rd Monday  
6 pm @ T2 Arena  
Nicole Kepley 409-779-5521

### All Hearts 4-H Homeschool Club

3rd Monday  
1 pm @ 4-H Office  
Tammy Swindell 409-239-6026

### County Council

4th Monday @ 4-H Office  
6:30 pm

## My 4H project

PLEASE NOTE SOME OF THE CHANGES  
IN THE PROJECT DATES

### Recordbook

Will meet again in January  
6 pm @ 4-H Office

### Livestock Judging

Meeting dates will vary  
6 pm @ 4-H Office  
Contact the 4-H office for dates  
(Do not have to own an animal to participate)

### Dog Project

2nd Monday @ 6pm  
4-H parking lot—bring dogs along with a water bowl  
2nd Thursday @ 6 pm  
Classroom - no dogs  
4-H Office

### Food & Nutrition

3rd Tuesday  
6 pm @ 4-H Office

### Clothing & Textiles

4th Tuesday  
6 pm @ 4-H Office

### Beginners Robotics



Will Not Meet Until January  
6 pm @ 4-H Office





## 4-H/Youth Development

### December 2018 4-H Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 Livestock Extravaganza
2	3	4 Dusty Trails 6pm	5	6 Dog Project 6pm	7	8
9	10 Dog Project 6pm ALA 7pm	11 Mighty Pirates 7	12	13 4-H 	14	15
16	17 All HEART 1 Boots & Bridle 6	18 Food & Nutrition 6pm Clay Busters 6pm	19	20	21	22
23	24 Office Closed	25  Office Closed	26	27	28	29
30	31					

### January 2018 4-H Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1  Office Closed	2 Ofc Deadline for Houston Open Show	3 Dog Project 6pm	4	5
6	7	8 Mighty Pirates 7pm	9	10	11	12
13	14 Dog Project 6pm ALA 7pm	15 Food & Nutrition 6 pm	16	17	18 Ft. Worth Begins	19
20	21  Office Closed All HEART 1pm ? Boots & Bridles 6pm	22 Claybusters 6pm Sewing 6pm	23	24	25	26
27	28 County Council 630pm	29	30	31		

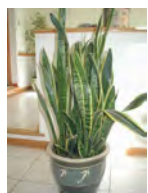
## Agriculture/Natural Resources

### Easy to Grow Houseplants for Beginners



**Aloe Vera** – A medicinal plant that is ideal for growing in-doors. It prefers a lot of light with well-drained soil. A plus is if you have a burn, pinch off a leaf and coat your burn with the gooey gel from inside the leaf.

**Spider Plant** – Requires well-drained soil and indirect sunlight. Will produce “spiderette’s” hanging down from the mother plant



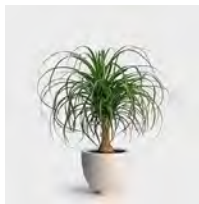
**Snake Plant or Mother-in-law Tongue** – Very easy to grow, not requiring much light or water. This is a great plant as it removes toxins from the air.

**Pothos** – Devil’s Ivy and Marble Queen – Each can do well in low light and look amazing in hanging baskets or on a trellis.



**Hoya** – this plant is one that takes very little water or sunlight to get it to bloom. It may take a couple of years before you see your first blooms but it will give you a nice show for years after with its waxy flowers. The leaves also will change color if it gets a little more light and looks great in a hanging basket.

**Ponytail Palm** – Is in the succulent family and will grow for years. It takes very little water, as it is use to growing in arid regions. I got mine when it was about 6” tall and now it is over 7 feet tall and probably about 40 years old.



**Arrowhead Ivy** – Another vining plant that will have to be pruned if kept indoors unless you train the long vines. If you keep it trimmed it will stay compact and full. It does well in any kind of light and likes well-drained soil.



**ZZ Plant** – This plant is almost indestructible. It can grow in drought conditions and any type of lighting and still look great. You see this plant in a lot of businesses, as it is so easy to maintain.

**Closet Plant/Peace Lily** – Another elegant looking plant that only need moderate water and light. Plant in well-drained soil.



**Jade Plant** –This is actually in the succulent family and can handle drought conditions and high and low amounts of sun. It also does well in humid areas.

Most all of these plants will be available at the Orange County Master Gardeners Annual Bloomin’ Crazy Plant Fair on March 23, 2019 at Cormier Park. Watch our website <https://txmg.org/orange> for more information



sotruefacts: #177

Plants that are not cared for will cry for help. A thirsty plant will make a high-pitched sound that is too high for us to hear.

## Family & Community Health

### Simple recipe alterations can make holiday foods healthier

COLLEGE STATION – Holiday meals can be healthier and taste just as good by using basic recipe substitutions or alterations, said an expert in the nutrition and food sciences department of Texas A&M University, College Station.

“The sugar, fat or sodium content of many holiday recipes can be reduced without a noticeable difference in taste,” said Dr. Jenna Anding, Texas A&M AgriLife Extension Service specialist, College Station.

Anding said reducing sugar, salt and fat content as well as watching the amount eaten are effective ways of making the holidays healthier.



“For example, if a recipe calls for a cup of sugar, try using three-fourths or two-thirds of a cup,” she said. “If it calls for a half-cup of oil, shortening or other fat, try using one-third cup.”

For those who are watching their sodium intake, Anding advises consumers read the Nutrition

Facts label on the food package and select options that have lower amounts of sodium.

“Speaking of salt, don’t immediately reach for the salt shaker before you taste the food,” she said.

Anding suggested using reduced-fat or non-fat cheese, milk, cream cheese, cottage cheese, yogurt or mayonnaise instead of their higher-fat counterparts.

“For mashed potatoes, try using defatted broth instead of butter to reduce both fat and calories,” she said.

Anding said modifying more complicated recipes may not always produce the desired texture, so it’s best to test the recipe individually or on a few friends or family members before going “all in” on the revised recipe.

“Also, many traditional holiday foods can be healthy and nutritious choices, so long as they are prepared properly and not ‘embellished’ in ways that take away from that nutritional value,” she noted. “For example, she said, if cooking a turkey leave the skin on to contain the flavor, but then remove it afterward to reduce the fat content. Or

baste the turkey in its own juice, or use a defatted broth.”

For holiday vegetable dishes, the healthiest method of cooking is either steaming or roasting the vegetables using a small amount of oil or cooking spray, Anding said. And adding herbs and spices can enhance flavor without adding fat or calories.

“One holiday favorite, the sweet potato, contains fiber as well as vitamins A and C. A medium-sized baked sweet potato contains about 100 calories,” she said. “The problem is when you embellish them with added sugar, butter and other ingredients. A baked sweet potato with a little bit of brown sugar and cinnamon is a far healthier option than one topped with butter and lots of marshmallows.”

Anding said another popular holiday food, cranberries, contains phytonutrients and has anti-inflammatory properties that can promote health and may reduce the risk for disease.

“Adding fresh cranberries to salads and baked items such as muffins, cookies and pies is a good way to sneak in some extra nutrition and flavor,” she said.

Even with healthier ingredients and preparation techniques, it’s important to remember to exercise restraint at holiday meals, Anding noted.

“Because holidays provide more opportunities to eat due to social gatherings, office parties and other festivities, try to plan accordingly so you can keep your calorie intake in check,” she said. “And don’t forget about scheduling in

Writer: Paul Schattenberg, 210-859-5752, [paschattenberg@ag.tamu.edu](mailto:paschattenberg@ag.tamu.edu)

Contact: Dr. Jenna Anding, 979-847-9228, [janding@tamu.edu](mailto:janding@tamu.edu)

regular physical activity to help burn off those extra calories and relieve some of the stress often associated with the holidays.”

For more food and nutrition information and resources, visit the Extension Food and Nutrition YouTube channel at <https://bit.ly/2ORn2qc> or go to <https://fch.tamu.edu/>.

### Did You Know?

3,500 Calories = 1 lb. of Fat

1 gram of Fat = 9 Calories

1 gram of Carbohydrates = 4 Calories

1 gram of Protein = 4 Calories

Recommended daily intake of water = 64 oz.

Healthy weight loss is 1–2 lbs. weekly



## Family & Community Health



### ROLL THE DICE GIFT EXCHANGE

Two Dice Play

Roll 2 - Steal any gift or Choose to keep your gift\*

Roll 3 - Trade gifts with anyone wearing red

Roll 4 - Trade gifts with the person on your right

Roll 5 - All Pass - Everyone pass their gift once to the right

Roll 6 - Guys Only - Pass their gifts once to the left

Roll 7 - Unwrap your gift, if unwrapped roll again

Roll 8 - Gals Only - Pass their gifts to the right

Roll 9 - All Pass - Everyone pass their gift once to the left

Roll 10 - Unwrap your gift, if unwrapped roll again

Roll 11 - Trade gifts with anyone wearing green

Roll 12 - Steal any gift or Choose to keep your gift\*

\* Once a player keeps a gift, it is no longer passed  
Once a player chooses to keep their gift they no longer participate in the gift passing or stealing...

PartyGameIdeas.com



*Cranberry  
Pistachio  
White Chocolate  
Bark*

8 ounces white chocolate, melted and cooled to room temperature  
1/3 cup dried cranberries  
1/3 cup pistachios, roughly chopped  
1/2 cup mini dark chocolate chips

1. combine the melted white chocolate and half of the dried cranberries and pistachios. Spread this onto a baking sheet lined with parchment paper. Scatter the remaining dried cranberries and pistachios onto the surface and gently press down so they stick to the chocolate.
2. Place the baking sheet in the freezer for 20-30 minutes or until the chocolate has fully set. Break the chocolate into your desire




### Scents Of Christmas

Diffuser Christmas Blends

Oh, Christmas Tree  
4 pine  
2 blue spruce  
2 cedarwood

Christmas Spirit  
7 christmas spirit  
2 peppermint

\*Christmas In The Air  
3 thieves  
3 peppermint

Gingerbread  
4 ginger  
2 cloves  
2 cinnamon

\*Candy Cane  
4 peppermint  
2 stress away

Happy Holiday  
5 drops tangerine  
4 drops christmas spirit

\*Oh Holy Night  
3 thieves  
2 frankincense  
2 citrus fresh

\*Under The Mistletoe  
4 stress away  
2 fresh fresh citrus  
1 frankincense

\*made with starter kit



# Family & Community Health

## January Purge Checklist

### Bedroom

- \_outgrown clothing
- \_outdated shoes
- \_torn clothing
- \_old hats
- \_shoe boxes
- \_old blankets
- \_clutter in drawers

### Bathrooms

- \_old bath toys
- \_empty bottles
- \_old brushes
- \_trash
- \_ripped towels
- \_bath mats/replace
- \_expired medicine
- \_old hair ties/bows
- \_expired sunscreen

### Playroom

- \_outgrown toys
- \_incomplete games
- \_toys w/o a match
- \_outgrown furniture
- \_broken electronics
- \_outgrown costumes
- \_organize/rotate

### Kitchen

- \_no lid tupperware
- \_cracked plates
- \_chipped glasses
- \_mismatched sets
- \_expired canned foods
- \_stale pantry food
- \_expired fridge foods
- \_combine cleaning liquids
- \_unused appliances
- \_scratched pans
- \_bottles w/o lids
- \_unneeded cookbooks

### Garage

- \_broken equipment
- \_dirty/ripped rags
- \_expired chemicals
- \_combine cleaning liquids
- \_trash
- \_dried out paint cans
- \_unneeded paint cans
- \_unwanted holiday decor
- \_old items/car seats
- \_empty boxes
- \_broken tools

### Office

- \_shred documents
- \_old keys
- \_dried out pens
- \_old chords/adapters
- \_old business cards

The Typical Mom

## GOAL-SETTING WORKSHEET

with Lisa Jacobs

### WHAT DO I WANT TO CHANGE?

Five pillars for Harmonic Wealth. Credit: James Arthur Ray

- \*1 Financial:
- \*2 Spiritual:
- \*3 Mental:
- \*4 Physical:
- \*5 Relational:

### MAIN OBJECTIVES:

1. Break outworn patterns
2. Change what's not working
3. Create better results

Apply each goal to  
the following list:

### MAKE IT HAPPEN:

1. What do I really want?
2. Why is it important?
3. How will I get it?
4. What is preventing it?
5. How will I know it worked?

Credit: Tony Robbins

It's a New Year for a New You.

marketyourcreativity.com

## GREAT NEW YEAR'S RESOLUTION IDEAS

- \* Get Fit and Healthy
- \* Lose Weight
- \* Drink More Water
- \* Quit Smoking
- \* Spend Less Money
- \* Be More Positive
- \* Pay Off Debts
- \* Get Organized
- \* Have more Patience
- \* Go on a Vacation
- \* Spend less time on the Phone
- \* Drink Less Soda
- \* Eat Less Fast Food
- \* Get More Sleep
- \* Volunteer More
- \* Get a Hobby
- \* Advance Career
- \* Quit Procrastinating
- \* Watch Less TV
- \* Keep New Year's Resolution

Thekeeperofthecheerios.com

I can  
AND  
I will

## Oatmeal Cookies

Serves 30—Serving Size 1 cookie

1 cup whole wheat flour  
1 teaspoon baking powder  
1/2 teaspoon baking soda  
1/2 teaspoon cinnamon  
3/4 cup packed brown sugar  
1/2 cup applesauce  
2 tablespoons oil (canola or vegetable)  
1 egg  
1 1/2 cups oats

Optional: 1/2 cup coconut, dried fruit, or  
white chocolate chips.

1. Combine flour, baking powder, baking soda, and cinnamon in a small bowl.
2. Combine sugar, applesauce, oil and egg in a large bowl. Add the flour mixture and stir until combined. Stir in the oats and optional ingredients, if desired. Refrigerate for 30 minutes.
3. Preheat oven to 375° F. Spray a cookie sheet with nonstick cooking spray.
4. Drop the batter by rounded teaspoonfuls on the greased cookie sheet. Make sure they are 2 inches apart. Bake for 8-10 minutes or until golden brown. Let stand on the baking sheet for 4 minutes. Then remove onto wire racks or paper towels to cool.
5. Store in an airtight container

Nutrition Facts: Calories 60, Total Fat 1.5g, Cholesterol 5mg, Sodium 40mg, Total Carbohydrate 12g, Dietary Fiber 1g., Total Sugars 6g, Protein 1g.

[Spendsmart.extension.iastate.edu](http://Spendsmart.extension.iastate.edu)