

Ranger Cookies

36 servings

Portion out snacks before you start eating. For example, take out a serving of crackers, and put the box back in the cupboard.

- 1 cup shortening
- 3/4 cup brown sugar
- 3/4 cup sugar
- 2 eggs
- 2 cups all-purpose flour
- 1/2 teaspoon salt
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 3 cups oatmeal
- 1 teaspoon vanilla
- 1 cup crispy rice cereal



1. Wash hands with soap and water. Preheat oven to 350 degrees F. Spray a baking sheet with non-stick cooking spray, set aside.
2. In a large bowl, beat together shortening, brown sugar, and sugar until smooth and creamy. Break eggs into a small bowl. Wash hands with soap and water after cracking raw eggs. Blend eggs into shortening and sugar mixture.
3. In a separate bowl, sift flour, salt, baking powder, and baking soda together. Slowly add dry ingredients to wet ingredients.
4. Stir in the oatmeal, vanilla, and cereal by hand. Mix well.
5. Drop by small spoonfuls onto prepared baking sheet.
6. Bake for about 10 minutes or until lightly browned. Transfer to a wire rack and let cool.

Nutrition Information per Serving: (1 cookie) Calories 140, Total Fat 6g, Saturated Fat 2g, Cholesterol 15mg, Sodium 95mg, Total Carbohydrate 19g, Dietary Fiber <1g, Sugars 9g, Protein 2g, Vitamin A 2%, Vitamin C 0%, Calcium 2%, Iron 4%.