

COOKIES FOR CHILDREN

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COOKIES FOR CHILDREN

Cookies are favorites with just about everybody—especially hungry boys and girls just home from school or a session of play. Such a popular food needs to be good for you as well as good to eat. Many cookies are high in carbohydrates, sugar, and fat, and supply few nutrients other than calories.

Recipes in this bulletin have been developed to make cookies tasty as well as to contain many nutrients needed for growth; for muscle, bone, and tooth development; and for general well-being.

INGREDIENTS

Studies show that many children and adults do not get enough calcium in their diets. Using dry milk solids in baked products will do much to improve calcium-poor diets. Cookies may be made with a higher percentage of dry milk than other baked products. The crumb may be coarser, but food value is increased.

Non-fat dry milk solids are included in most of these recipes. This is an inexpensive form of milk and in some recipes ten times as much milk can be added as could have been used in the liquid form. "Dry milk" in these recipes refers to non-fat dry milk solids. Whole dry milk solids may be used, if available, with no change in the recipe.

Foods prepared to retain their natural values are more nourishing than those highly refined. For example, brown sugar contains some calcium, phosphorus, and iron; whereas, white sugar, being highly refined, provides only calories. Molasses or sorghum provides very small amounts of iron, calcium, thiamin, riboflavin, and niacin. Honey also contains some of these same minerals and vitamins. These foods, however, should not be substituted for other readily available foods that are high in minerals and vitamins.

Whole wheat flour has a higher percentage of protein, calcium, and phosphorus than does enriched white flour. Rolled oats is a favorite cereal used in cookie recipes, adding texture, flavor, and food value. Uncooked wheat cereals give a texture similar to nuts and contribute desirable nutrients at the same time.

The naturally sweet foods, such as raisins, dried prunes, and apricots, not only add food value but also make cookies more "chewy," which is recommended as an aid to dental health.

In many of these recipes, the nutritive value has been increased by the addition of fruits (such as apple-sauce, peaches, pineapple) and vegetables (carrots, sweet potatoes, pumpkin). Using these foods in cookies may be a pleasant way to add fruits and vegetables to the diet, thus increasing the vitamin and mineral content.

GENERAL SUGGESTIONS FOR MAKING COOKIES

Mixing:

1. Ingredients should be at room temperature. They will blend more easily.
2. Use standard measuring equipment and level measurements.
3. Either sift flour before measuring or stir, measure, then remove 2 tablespoons. The granulated type flours need not be sifted before measuring. Flour used in these recipes refers to enriched all-purpose flour, unless otherwise stated.
4. Do not sift dry milk solids before measuring.
5. Double-acting baking powder makes a more uniform cookie.
6. Solid fats give a more satisfactory product in these recipes than do cooking oils.
7. If cookies are for very young children, dried fruits, such as raisins, should be ground or finely chopped.
8. To save time, use the "one-bowl" method of mixing by creaming together shortening, sugar, and unbeaten egg.

Baking:

1. Use a bright, shiny cookie sheet.
2. Grease pans lightly for cookies low in fat or that contain molasses or a high quantity of milk.
3. Place cookies two inches apart on cookie sheet.
4. Drop cookies may be tested for doneness by touching lightly with a finger. If no print is left, they are done.
5. Cool cookies in single layers on cooling rack, paper towels, or brown paper.

Storing:

1. Crisp cookies stay crisp in a container with a loose fitting lid.
2. Soft cookies keep moist and fresh in a tin cookie box or jar with tightly fitted cover. A piece of apple or orange separated from the cookies by placing it on a piece of waxed paper will help keep the cookies moist.
3. Store only one flavor of cookie in a container.

Freezing:

Cookies freeze well and can be kept for several months.

1. Bake cookies and cool thoroughly.
2. Place cookies gently in moisture-vapor proof freezer

- bag, box, or carton. If fragile, arrange in container cushioned with wax paper.
3. Freeze.
 4. Thaw completely before removing from container. Cookies thaw in a few minutes.

Recipes

CARROT-RAISIN COOKY

A tasty cookie high in minerals and vitamins.

1/3 cup shortening	1 teaspoon baking powder
1/3 cup brown sugar	1 1/4 cups quick rolled oats, uncooked
1/2 cup molasses	1 cup grated raw carrots or
1 egg	1 cup grated raw sweet potato
1/4 cup dry milk	1 teaspoon grated lemon rind (optional)
1 cup flour	1/2 cup whole or ground raisins
1/4 teaspoon nutmeg	
1/4 teaspoon cinnamon	
1/2 teaspoon salt	
1/4 teaspoon soda	

1. Cream shortening, sugar, molasses, and egg together.
 2. Combine dry ingredients, including rolled oats, and blend thoroughly.
 3. Stir into creamed mixture.
 4. Add grated carrots or sweet potato, lemon rind, and raisins. Stir until well mixed. (Dough should be stiff enough to hold shape on baking sheet. Grated sweet potatoes are drier than grated carrots. If dough is too stiff, add milk in small quantities.)
 5. Drop by teaspoonfuls onto lightly greased cookie sheet.
 6. Bake in hot oven (400°F) 15 minutes or until brown.
- Yield:* 5 dozen 2-inch cookies.

FRUIT COOKY

(Applesauce, pineapple, peach)

1/2 cup sugar	1 teaspoon vanilla when using pineapple.
1/2 cup shortening	1/2 teaspoon salt
1 egg	1 cup flour
1 cup fruit*	1 cup quick rolled oats, uncooked
1/2 teaspoon cinnamon when using peaches or applesauce or	1 cup raisins, whole or ground

1. Cream together shortening, sugar and egg.
2. Add fruit and mix well. Add vanilla if needed.

3. Blend together dry ingredients and rolled oats. Stir into cream mixture.
4. Add raisins and mix well.
5. Drop by teaspoonfuls onto lightly greased baking sheet.
6. Bake in hot oven (400°F) 15-20 minutes until lightly browned.

Yield: 4 dozen 2-inch cookies.

*Thick applesauce, crushed pineapple (drained), or canned peaches that have been drained and mashed with fork.

GOLDEN YELLOW COOKY

(Sweet potato, carrot or pumpkin)

A cookie high in milk content and vitamin A, with several variations of flavorings.

1/3 cup shortening	or carrots or pumpkin.
3/4 cup brown sugar	1 cup flour
2 eggs, unbeaten	3 teaspoons baking powder
1 cup canned or home-cooked (mashed or pureed) sweet potato	1 teaspoon salt
	1 cup dry milk
	* Flavoring and fruit as desired

* Flavoring and fruit variations. Choose one combination:

- a. 1/2 cup chopped uncooked prunes
1/2 teaspoon lemon extract
- b. 1/2 cup chopped or whole raisins
1/2 teaspoon cinnamon
1/4 teaspoon nutmeg
- c. 1 teaspoon lemon extract
1/4 cup quick rolled oats, uncooked
2 teaspoon grated orange rind
- d. 1/2 teaspoon cinnamon
1/4 teaspoon nutmeg
1/2 cup drained crushed pineapple
1/2 teaspoon vanilla
1/2 cup ground or chopped raisins

1. Cream together shortening, sugar, eggs and mashed vegetable until fluffy.
2. Mix dry ingredients and add to creamed mixture and blend.
3. Stir in desired flavoring and fruit combination.
4. Drop by teaspoonfuls onto greased baking sheet.
5. Bake in moderate oven (375°F) 12-15 minutes or until golden brown.

Yield: 5 dozen 2-inch cookies.

CEREAL COOKY

(a crisp cooky)

1/3 cup shortening	1/4 cup dry milk
1/2 cup sugar	2 teaspoons baking powder
1 egg	1/2 teaspoon salt
1 teaspoon vanilla	3/4 cup flour
2 tablespoons milk or water	1/2 cup coco-wheat uncooked cereal or a malt-flavored uncooked cereal

1. Cream together shortening, sugar and egg.
2. Add vanilla, and milk or water and mix well.
3. Stir together the dry milk, baking powder, salt and flour. Add to creamed mixture. Mix thoroughly.
4. Add cereal. Dough is soft for dropping but thickens on setting or chilling.
5. Drop by teaspoonfuls onto greased baking sheet.
6. Bake in moderate oven (350°F) 20 minutes or until golden brown.

Yield: 4 dozen 2-inch cookies.

HONEY WHOLE WHEAT COOKY

1/3 cup shortening	3/4 cup all-purpose flour
1/2 cup sugar	3 teaspoons baking powder
1/2 cup strained honey	1/2 teaspoon salt
2 eggs, unbeaten	1/2 cup dry milk
1 3/4 cup whole wheat flour or 1 cup whole wheat flour and	1/2 to 1 cup raisins (ground, chopped or whole)

1. Cream together shortening, sugar, honey and eggs.
2. Mix dry ingredients and add to cream mixture. Blend.
3. Stir in raisins.
4. Drop by teaspoonfuls onto lightly greased baking sheet.
5. Bake in moderate oven (350°F) 12 to 15 minutes.

Yield: 5 dozen 2-inch cookies.

MOLASSES GINGER COOKY

1 cup shortening	1 cup dry milk
1 1/2 cup molasses	1 1/2 teaspoons salt
1/4 cup sugar	2 teaspoons soda
1 egg, unbeaten	1 teaspoon cinnamon
3 cup flour	1 teaspoon ginger
	1/4 teaspoon cloves

1. Cream together shortening, molasses and sugar.
2. Stir in egg.
3. Combine dry ingredients and add to creamed mixture. Mix well.

4. Shape into 1 1/4-inch balls and flatten slightly or drop from a teaspoon onto a lightly greased cooky sheet.
5. Bake in moderate oven (375°F) for 15 minutes.

Yield: 8 dozen 2-inch cookies.

SOFT MOLASSES COOKY

1/2 cup shortening	2 teaspoons soda
1 cup brown sugar	2 teaspoons salt
1 cup molasses	1/4 teaspoon cloves
2 eggs	3 1/2 cups flour
1 cup water	1 cup dry milk

1. Cream together shortening, sugar, molasses and eggs.
2. Mix together dry ingredients. Add to creamed mixture alternately with water. Stir well. This makes a *very* soft dough.
3. Drop by teaspoonfuls onto lightly greased baking sheet.
4. Bake in moderate oven (375°F) 12 to 15 minutes or until lightly browned.

Yield: 10 dozen 2-inch cookies.

MOLASSES WHOLE WHEAT COOKY

1/3 cup shortening	1/2 cup all-purpose flour
1/2 cup molasses	1/2 cup dry milk
2 eggs, unbeaten	1/2 teaspoon soda
1 teaspoon vanilla	2 teaspoons baking powder
1 cup whole wheat flour or 1/2 cup whole wheat flour and	1/2 teaspoon salt
	1/2 cup raisins, whole or ground

1. Cream together shortening, molasses, eggs and vanilla.
2. Combine dry ingredients and add to creamed mixture. Mix well.
3. Stir in raisins. This makes a soft dough.
4. Drop by teaspoonfuls onto greased baking sheet.
5. Bake in moderate oven (350°F) 15 minutes or until golden brown.

Let cool on pan for about 2 minutes before removing to cooling rack. This helps prevent cooky from crumbling.

Yield: 4 dozen 2-inch cookies.

PEANUT BUTTER MOLASSES COOKY

1/2 cup smooth peanut butter	1/4 cup milk
1/4 cup shortening	1 cup flour
1/2 cup molasses	1/2 teaspoon salt
1/2 teaspoon vanilla	1 teaspoon baking powder
1/4 cup brown sugar	1/4 teaspoon soda
1 egg, unbeaten	1 cup raisins or dried apricots or prunes (chop or grind)

- Bake in moderate oven (350°F) 15 minutes, then lower oven temperature to warm (140°F), open oven door slightly and let cookies set in oven for additional 30 minutes.

Yield: 10 1-inch by 2½-inch bars.

Variation: For babies who cannot eat eggs, omit the egg yolk and add 1 tablespoon more water to recipe.

Variation: For a cookie not quite so hard, omit the water and add 2 tablespoons shortening.

Recipes Using Cooky Mix

For the busy homemaker who makes cookies often, time can be saved in mixing and clean-up by using a mix.

BASIC RECIPE FOR COOKY MIX

This recipe, low in fat and sugar and high in milk, has been developed especially for children.

6 cups flour	2 teaspoons salt
3 tablespoons baking powder	1½ cups dry milk
	1½ cups shortening
	2 cups sugar

- Combine dry ingredients and mix well.
- Cut fat into mixture until it resembles coarse cornmeal.

Yield: 11 cups of mix.

Storage: Store in tightly covered container. Mix made with vegetable shortening may be stored for six weeks at room temperature. Mix made with lard should be refrigerated.

To Measure Mix for Recipes:

- Do not sift Mix.
- Stir lightly before measuring.
- Spoon into cup and level off.
- Do not pack.

RAISIN DROP COOKY

2 cup Mix	¼ cup water
½ teaspoon cinnamon	½ cup raisins
1 egg, well-beaten	

- Measure mix into bowl; add cinnamon and stir until blended.
- Beat egg, add water, then add to dry mixture, combining thoroughly.
- Stir in raisins.
- Drop by teaspoonfuls onto greased baking sheet.
- Bake in hot oven (400°F) 15-18 minutes.

Yield: 3 dozen 2-inch cookies.

LEMON DROPS

2 cups Mix	1 tablespoon lemon juice
1½ teaspoons grated lemon rind	1 egg, well-beaten
	¼ cup water

- Measure Mix into bowl; add lemon rind and juice.
- Beat egg, add water, then add to Mix, stirring thoroughly.
- Drop by teaspoonfuls onto greased baking sheet.
- Bake in hot oven (400°F) 12-15 minutes or until cookies are lightly browned.

Yield: 3 dozen 1½-inch cookies.

PEANUT BUTTER COOKY

2 cups Mix	1 teaspoon vanilla
¼ cup brown sugar, firmly packed	2 tablespoons water
1 egg, well-beaten	½ cup smooth peanut butter

- Measure Mix, add brown sugar and stir together.
- Beat egg, add vanilla and water, then add to dry mixture.
- Add peanut butter and mix thoroughly.
- Form into 1-inch balls and place on ungreased cookie sheet. Press down with tines of fork.
- Bake in hot oven (400°F) 12 minutes, or until lightly browned.

Yield: 4 dozen 1½-inch cookies.

OATMEAL COOKY

2 cups Mix	½ cup quick rolled oats, uncooked
2 tablespoons brown sugar	1 egg, well-beaten
½ teaspoon cinnamon	½ cup water
¼ teaspoon nutmeg	½ cup raisins

- Measure Mix, brown sugar, spices, and oatmeal into

- bowl and blend well.
2. Beat egg, add water, then add to dry mixture.
3. Add raisins and mix thoroughly.
4. Drop by teaspoonfuls onto greased baking sheet.
5. Bake in hot oven (400°F) 15-18 minutes or until brown.

Yield: 3½ dozen 2-inch cookies.

1. Measure Mix, cocoa and sugar into bowl and stir.
2. Beat egg, add vanilla and water, then stir into dry mixture.
3. Add raisins, if desired, and mix thoroughly.
4. Drop by teaspoonfuls onto greased baking sheet.
5. Bake in hot oven (400°F) 10-12 minutes.

Yield: 3 dozen 2-inch cookies.

COCOA DROP COOKY

2 cups Mix
 4 tablespoons cocoa
 2 tablespoons brown sugar

1 egg, well-beaten
 1 teaspoon vanilla
 ⅓ cup water
 ½ cup raisins (optional)

TABLE 1 -- COMPARISON OF FOOD NUTRIENTS* OF DIFFERENT COOKIES

	Food Energy (Calories)	Protein (g)	Calcium (mg)	Iron (mg)	Vit A (units)	Thiamin (Vit B ₁) (mg)	Riboflavin (mg)	Niacin (mg)
Carrot-Raisin 2-inch cooky	40	0.6	13	0.3	230	0.02	0.02	0.1
Fruit (Applesauce) 2-inch cooky	54	0.6	4	0.3	14	0.02	0.01	0.1
Soft Molasses 2-inch cooky	36	0.7	15	0.3	10	0.02	0.02	0.1
Cereal 2-inch cooky	39	0.7	8	0.2	12	0.02	0.02	0.2
Peanut Butter 2-inch cooky	65	2	15	0.4	17	0.02	0.03	0.7
Molasses Ginger 2-inch cooky	49	0.7	20	0.3	6	0.02	0.03	0.1
Honey Whole Wheat 2-inch cooky	45	1	12	0.2	20	0.02	0.02	0.2
Peanut Butter-Molasses 2-inch cooky	46	0.9	10	0.4	12	0.02	0.02	0.5
Molasses Whole Wheat 2-inch cooky	40	0.9	20	0.3	25	0.02	0.03	0.1
Golden Yellow with sweet potato and raisins, 2-inch cooky	42	1	22	0.2	305	0.02	0.04	0.1
Whole Wheat Oatmeal 2-inch cooky	48	0.7	10	0.3	10	0.02	0.01	0.1
Teething 1 x 3-inch cooky	53	1.9	36	0.5	58	0.05	0.07	0.3
Lunch Wafer 2½-inch wafer	69	1.8	24	0.3	25	0.05	0.06	0.3
Cookie Mix per cup	639	10.4	152	1.8	3	0.30	0.35	2.2

*Calculations are based on information in Nutritive Value of Foods, Home and Garden Bulletin No. 72, United States Department of Agriculture.

TABLE 2 -- APPROXIMATE PERCENTAGE OF MINIMUM DAILY REQUIREMENTS OF CERTAIN NUTRIENTS* SUPPLIED BY SELECTED COOKIES

Cookie	Nutrient	Percent requirement provided by one cookie	
		Children 1-5 yrs of age	Children 6 yrs and over
		%	%
Carrot-Raisin (one 2-inch cookie)	Vitamin A	8	8
	Thiamin	6	4
	Riboflavin	2	2
	Niacin	2	2
	Calcium	2	2
	Iron	5	4
Molasses Whole Wheat (one 2-inch cookie)	Vitamin A	1	1
	Thiamin	4	3
	Riboflavin	3	3
	Niacin	2	1
	Calcium	3	3
	Iron	4	3

*Minimum Daily Requirements of Specific Nutrients, 1955, U. S. Food and Drug Administration.



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