

Fun Nutrition

Cookies in a Jar

Purpose:

- Practice measuring dry ingredients
- Prepare dry ingredients for a cookie mix
- Create a special present, if desired
- Demonstrate that cooking is fun

Supplies:

- Table covering
- Measuring cups and spoons
- Bowls for ingredients
- Funnel
- Table knife or spatula
- Quart canning jar and lid for each participant
- Recipe for preparing cookies at home – one copy /participant
- Yarn or ribbon to attach recipe to jar, if desired

Activity 1: Measuring Ingredients

Demonstrate how to measure different dry ingredients, including flour, salt, white sugar and brown sugar.

To measure dry ingredients such as sugar, spoon into the measuring cup and level off with the backside of a table knife or spatula. When using a measuring spoon, dip into the ingredient and level off with the knife or spatula. Don't try to pack more in unless the recipe tells you to.

Activity 2: Making a Cookie Mix

Ingredients:

This is the amount needed for each participant, multiply the amount times the number of youth that are participating.

- 1 c. flour
- ½ c. each brown & white sugar
- 1 ½ c. oatmeal
- ½ t. each baking powder & baking soda

Measuring 1 c. flour and place it in a jar either with a funnel or by pouring it in by hand. Gently pack the flour into the quart jar with a knife handle. Next add ½ c. brown sugar. Pack gently. Add ½ c. white sugar, pack. Then add 1 ½ c. oatmeal. On the top of the oatmeal add the baking powder and baking soda. Close the jar and tie on the recipe or glue it to the jar.

Recipe for Youth to Take Home

OATMEAL COOKIES IN A JAR (Makes 3 ½ dozen)

Preheat oven to 350 degrees F.

Empty jar of cookie mix into large mixing bowl.

Mix well. Make a well in the center.

In a small bowl, beat 1 egg with 1/3 cup oil, ½ t. vanilla, and 1 T. water. Add to dry ingredients and mix thoroughly. Lightly grease cookie sheet and drop dough by spoonful onto sheet. Bake 12 – 14 minutes until light golden brown.



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