Old Fashioned Oatmeal Cookies

2 cups quick-cooking rolled oats
3/4 cup sugar
1/2 cup butter or margarine, melted and cooled
1/4 cup flour
1 egg, beaten

Mix ingredients together well. Drop by heaping teaspoonsful on greased cookie sheets. Bake in preheated 350 oven until golden brown - about 12 minutes. When cool, store in airtight container.

Yield: about 36.

Sesame Seed Bread Sticks

4 slices bread
2 teaspoons butter or margarine, melted
1/2 teaspoon sesame seeds

Cover both sides of each bread slice with butter or margarine. Cut each slice into 4 equal-sized strips. Roll strips in sesame seeds. Place on ungreased baking sheet and bake in 350 oven for 10-12 minutes.

Yield: 16 sticks.
### Nutrition Facts

**Servings Per Recipe** 12  
**Amount Per Serving** 3 cookies  
- Calories 120  
- Total Fat 2.4g  
- *Vitamin A* 1%  
- *Calcium* 2%  
- 18% of total calories from fat  
- Sodium 50mg  
- *Vitamin C* 0%  
- *Iron* 38%

*Percentage Daily Values

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**Servings Per Recipe** 8  
**Amount Per Serving** 2 sticks  
- Calories 40  
- Total Fat 1.6g  
- *Vitamin A* 1%  
- *Calcium* 1%  
- 35% of total calories from fat  
- Sodium 77mg  
- *Vitamin C* 0%  
- *Iron* 2%

*Percentage Daily Values