



Healthy School News

AGRA PUBLIC SCHOOLS

PO Box 279, Agra, Oklahoma 74824

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Welcome to the Healthy School News

Healthy Snacks: With football season right around the corner, it is important to provide your family with snacks that are quick, easy, and good for them. Here is a kid favorite:

Game Day Cookies

INGREDIENTS

- 1 cup peanut butter (smooth)
- 2 cups oatmeal
- 1/2 cup white sugar (you can sub any kind of sugar)
- 1 teaspoon baking soda
- 1/2 cup brown sugar
- 2 eggs, beaten
- 1 teaspoon vanilla
- 1 cup chocolate chips

INSTRUCTIONS

1. Combine dry ingredients in a mixing bowl.
2. Add the peanut butter to the bowl and mix lightly.
3. Mix in the beaten egg to the batter in the mixing bowl.
4. Fold in chocolate chips.
5. Bake for 10-12 minutes at 350 degrees F on a parchment paper lined baking sheet.

NUTRITIONAL INFORMATION

Serving Size: 5
Calories: 491
Total Fat: 11 g
Saturated Fat: 5 g
Trans Fat: 0 g
Sugar: 45 g
Sodium: 174 mg
Carbs: 20 g
Protein: 7 g

Source: Shape Your Future

***Check Out The Article On Bus Safety on the Back



The Little School That Could



Agra Does!