Oatmeal Raisin Cookies

Source: The Vegan Starter Kit by Neal Barnard, MD; recipe by Christine Waltermyer

A healthy twist on a classic dessert!

About the Recipe

74 Calories · 2 g Protein · 1 g Fiber
Dessert
Nut-free

Ingredients

Makes 18 Servings

- 1/2 c (63 g) unbleached white flour
- 1/2 c (60 g) whole-wheat or spelt flour
- 1 c (81 g) quick-cooking oats
- 1/2 tsp (2.5 mL) baking powder
- 1/2 tsp (2.5 mL) cinnamon
- 1/8 tsp (0.6 mL) nutmeg
- 1/4 tsp (1.2 mL) iodized salt
- 2 bananas or 3/4 c mashed bananas
- 5 1/3 tsp (27 mL) maple syrup
- 1 tsp (5 mL) vanilla extract
- 1/3 c (53 g) raisins

Directions

1. Preheat the oven to 350 F (177 C).
2. In a large bowl, whisk together the flours, oats, baking powder, cinnamon, nutmeg, and salt. In a small bowl, combine the bananas, maple syrup, and vanilla.

3. Add the wet ingredients to the dry ingredients. Mix well, but don't overmix. Stir in the raisins.
4. Place tablespoon-size cookies on a baking sheet lined with parchment paper. Using wet hands, press the cookies flat into cookie shapes. Bake for 12 minutes.

Nutrition Facts

Per cookie (1/18 of recipe):

Calories: 67 kcal
Fat: 0.5 g
    Saturated Fat: <0.5 g
    Calories From Fat: 6%
Cholesterol: 0 mg
Protein: 2 g
Carbohydrates: 13 g
Sugar: 5 g
Fiber: 1.5 g
Sodium: 48 mg
Calcium: 17 mg
Iron: 0.6 mg
Vitamin C: 1.2 mg
Beta-Carotene: 4 mcg
Vitamin E: 0.1 mg