

# Oatmeal Raisin Cookies

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

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