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.

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