



In the Kitchen with Mari

Oatmeal Cookie Recipe

Thank you for Amy's Healthy Baking for sharing a recipe enjoyed by our family. It became the snack we enjoy all day long. It is healthy, easy to make and delicious!

I soak the raisins in white/red wine or Champagne for few hours and to replace the egg, I use 1 Tbs of Chia seed in 3 Tbs of Water

You can also find it online at:

<https://amyshealthybaking.com/blog/2017/01/02/healthy-oatmeal-raisin-breakfast-cookies/>



Ingredients:

- 1 cup (100g) instant oats
- $\frac{3}{4}$ cup (90g) whole wheat or gluten-free flour
- 1 $\frac{1}{2}$ tsp baking powder
- 1 $\frac{1}{2}$ tsp ground cinnamon
- $\frac{1}{4}$ tsp salt
- 2 tbsp (28g) coconut oil or unsalted butter, melted and cooled slightly
- 1 large egg, room temperature
- 1 tsp vanilla extract
- $\frac{1}{4}$ cup (60mL) pure maple syrup, room temperature
- $\frac{1}{4}$ cup (60mL) nonfat milk, room temperature
- $\frac{1}{4}$ cup (40g) raisins

Procedure:

1. In a medium bowl, whisk together the oats, flour, baking powder, cinnamon, and salt. In a separate bowl, whisk together the coconut oil, egg, and vanilla. Stir in the maple syrup and milk. Add in the flour mixture, stirring just until incorporated. Gently fold in the raisins. Chill the cookie dough for 30 minutes.
2. Preheat the oven to 325°F, and line a baking sheet with a silicone baking mat or parchment paper.
3. Drop the cookie dough into 15 rounded scoops onto the prepared sheet, and flatten to the desired thickness and width with a spatula. Bake at 325°F for 10-13 minutes. Cool on the pan for 10 minutes before transferring to a wire rack.