



Chewy Oatmeal Raisin Cookies

 Vegetarian

READY IN



100 min.

SERVINGS



24

CALORIES



74 kcal

DESSERT

Ingredients

- 0.3 cup spiced apple butter
- 0.5 teaspoon double-acting baking powder
- 0.3 teaspoon baking soda
- 1 large eggs
- 0.5 teaspoon ground cinnamon
- 0.3 teaspoon kosher salt
- 0.5 cup brown sugar light
- 0.5 cup raisins

- 0.8 cup rolled oats (not quick-cooking)
- 3 tablespoons butter unsalted softened
- 1 teaspoon vanilla extract pure
- 24 servings water boiling
- 1 cup pastry flour whole-wheat

Equipment

- bowl
- baking sheet
- oven
- whisk
- wire rack
- blender
- hand mixer

Directions

- In a small bowl, add the raisins and cover with boiling water.
- Let stand 5 minutes. Once plumped, drain the raisins and set aside to cool completely.
- Preheat the oven to 350 degrees F, and arrange racks in the lower and upper thirds.
- Whisk together the flour, cinnamon, baking powder, baking soda and salt in a medium bowl.
- In the bowl of an electric mixer, beat the apple butter, butter and sugar until light and fluffy. Beat in the egg and vanilla until combined. With the mixer on low speed, gradually add the flour mixture until just combined; stir in the oats and raisins.
- Using a rounded tablespoon, drop the cookies onto parchment-lined baking sheets about 2 inches apart (12 per sheet).
- Bake until the cookies are no longer wet-looking in the center, 14 to 16 minutes, rotating pans halfway through.
- Transfer to a wire rack to cool completely.

Nutrition Facts



■ PROTEIN 7.11% ■ FAT 22.61% ■ CARBS 70.28%

Properties

Glycemic Index:8.16, Glycemic Load:1.88, Inflammation Score:-1, Nutrition Score:2.6117391573346%

Nutrients (% of daily need)

Calories: 74.2kcal (3.71%), Fat: 1.93g (2.97%), Saturated Fat: 1.02g (6.38%), Carbohydrates: 13.52g (4.51%), Net Carbohydrates: 12.46g (4.53%), Sugar: 5.56g (6.18%), Cholesterol: 11.51mg (3.84%), Sodium: 62.28mg (2.71%), Alcohol: 0.06g (100%), Alcohol %: 0.03% (100%), Protein: 1.37g (2.73%), Manganese: 0.32mg (16.2%), Selenium: 4.57µg (6.52%), Fiber: 1.06g (4.25%), Copper: 0.08mg (4.2%), Phosphorus: 37.33mg (3.73%), Magnesium: 14.5mg (3.63%), Vitamin B1: 0.04mg (2.76%), Iron: 0.46mg (2.54%), Calcium: 22.11mg (2.21%), Zinc: 0.28mg (1.89%), Potassium: 64.76mg (1.85%), Vitamin B6: 0.04mg (1.76%), Vitamin B2: 0.03mg (1.68%), Vitamin B3: 0.32mg (1.6%), Vitamin A: 56.2IU (1.12%), Folate: 4.21µg (1.05%), Vitamin B5: 0.1mg (1.01%)