



Chewy Vegan Oatmeal Raisin Cookies



Vegetarian



Vegan



Dairy Free



Popular

READY IN



20 min.

SERVINGS



24

CALORIES



91 kcal

DESSERT

Ingredients

- ☐ 0.3 cup apple sauce drained
- ☐ 0.5 teaspoon baking soda
- ☐ 0.5 teaspoon cinnamon
- ☐ 0.3 cup granulated sugar
- ☐ 3.5 oz brown sugar light
- ☐ 2 tablespoons maple syrup
- ☐ 0.5 cup raisins dry
- ☐ 1.5 cup rolled oats

- ☐ 0.5 scant teaspoon salt
- ☐ 0.5 teaspoon vanilla
- ☐ 0.3 cup vegetable oil
- ☐ 3.3 oz pastry flour whole wheat

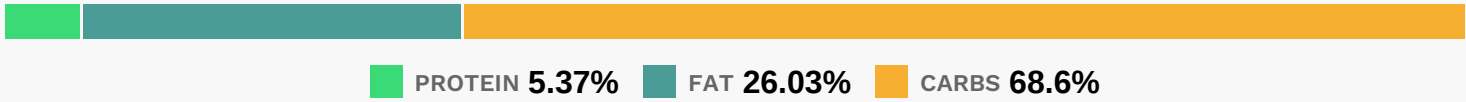
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ wire rack

Directions

- ☐ Preheat oven to 350 degrees F. Line two cookie sheets with Silpats.
- ☐ Mix together the flour, baking soda, salt and cinnamon. Set aside.
- ☐ Mix both sugars, maple syrup, apple sauce, oil and vanilla together in a medium bowl.
- ☐ Add the flour mixture and stir until blended. Stir in the oats, followed by raisins.
- ☐ Let sit for 10 minutes.Drop by rounded teaspoonfuls onto the cookie sheets.
- ☐ Bake for 12-14 minutes.
- ☐ Let cool for about 5-8 minutes on cookie sheets then carefully scoop up onto a wire rack.

Nutrition Facts



Properties

Glycemic Index:8.77, Glycemic Load:4.31, Inflammation Score:-1, Nutrition Score:2.7734783267521%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 90.92kcal (4.55%), Fat: 2.72g (4.19%), Saturated Fat: 0.42g (2.66%), Carbohydrates: 16.15g (5.38%), Net Carbohydrates: 14.97g (5.44%), Sugar: 7.4g (8.23%), Cholesterol: 0mg (0%), Sodium: 25.42mg (1.11%), Alcohol: 0.03g (100%), Alcohol %: 0.15% (100%), Protein: 1.26g (2.53%), Manganese: 0.4mg (19.87%), Selenium: 3.93µg (5.61%), Fiber: 1.18g (4.71%), Vitamin K: 4.38µg (4.17%), Phosphorus: 37.07mg (3.71%), Magnesium: 13.99mg (3.5%), Vitamin B1: 0.05mg (3.18%), Iron: 0.47mg (2.63%), Vitamin B2: 0.04mg (2.48%), Copper: 0.05mg (2.38%), Zinc: 0.3mg (2.03%), Potassium: 68.68mg (1.96%), Vitamin E: 0.24mg (1.6%), Vitamin B3: 0.29mg (1.45%), Vitamin B6: 0.03mg (1.44%), Calcium: 10.58mg (1.06%)