



Henry and Maudie's Oatmeal Cookies

 Vegetarian

READY IN



90 min.

SERVINGS



60

CALORIES



65 kcal

DESSERT

Ingredients

- 0.5 teaspoon baking soda
- 1.5 cups brown sugar
- 0.8 cup butter softened
- 1 eggs
- 3 cups rolled oats
- 0.5 teaspoon salt
- 1 teaspoon vanilla extract
- 0.3 cup water

1 cup flour whole wheat sifted

Equipment

bowl

baking sheet

oven

Directions

Preheat oven to 350 degrees F (175 degrees C). Grease cookie sheets. Stir together the whole wheat flour, salt and baking soda; set aside.

In a medium bowl, cream together the butter and brown sugar until light and fluffy. Stir in the egg, water and vanilla.

Mix in the flour mixture, then stir in the oats. Drop by teaspoonfuls onto the prepared cookie sheets. Cookies should be about 2 inches apart.

Bake for 12 to 15 minutes in the preheated oven.

Remove from baking sheets to cool on wire racks.

Nutrition Facts



PROTEIN 5.57% **FAT 36.49%** **CARBS 57.94%**

Properties

Glycemic Index:1.5, Glycemic Load:0.93, Inflammation Score:-1, Nutrition Score:1.635217388363%

Nutrients (% of daily need)

Calories: 64.65kcal (3.23%), Fat: 2.69g (4.13%), Saturated Fat: 1.53g (9.59%), Carbohydrates: 9.59g (3.2%), Net Carbohydrates: 8.97g (3.26%), Sugar: 5.4g (6%), Cholesterol: 8.83mg (2.94%), Sodium: 49.66mg (2.16%), Alcohol: 0.02g (100%), Alcohol %: 0.18% (100%), Protein: 0.92g (1.84%), Manganese: 0.23mg (11.62%), Selenium: 2.73µg (3.9%), Phosphorus: 26.12mg (2.61%), Fiber: 0.62g (2.49%), Magnesium: 8.99mg (2.25%), Vitamin B1: 0.03mg (1.94%), Iron: 0.3mg (1.65%), Vitamin A: 75.05IU (1.5%), Zinc: 0.21mg (1.42%), Copper: 0.03mg (1.37%)