



Honey Oatmeal-Raisin Cookies

 Vegetarian

READY IN



40 min.

SERVINGS



30

CALORIES



98 kcal

DESSERT

Ingredients

- 0.3 cup smooth almond butter unsalted
- 0.5 teaspoon baking soda
- 0.3 cup canola oil
- 1 large eggs
- 0.5 teaspoon ground cinnamon
- 0.5 cup honey
- 0.3 cup nonfat milk dry
- 0.5 cup raisins

- 1.8 cups rolled oats
- 0.3 teaspoon salt
- 2 tablespoons butter unsalted melted
- 0.5 teaspoon vanilla extract
- 1 cup pastry flour whole-wheat all-purpose (or)

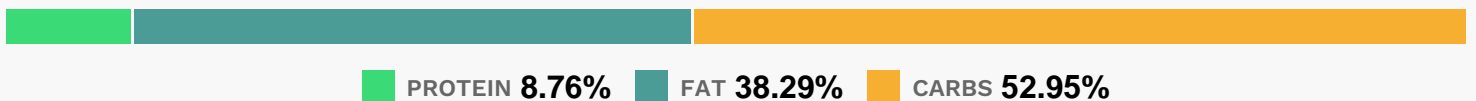
Equipment

- bowl
- baking sheet
- oven
- whisk
- blender

Directions

- Preheat the oven to 350 degrees F. Mist 2 baking sheets with cooking spray. Beat the butter, canola oil, honey, egg, almond butter and vanilla extract in a large bowl with a mixer until combined.
- In another bowl, whisk the dry milk, flour, baking soda, cinnamon and salt.
- Add the flour mixture to the butter mixture and stir to combine. Stir in the oats and raisins.
- Scoop tablespoonfuls of batter about 2 inches apart onto the prepared baking sheets.
- Bake until golden, about 12 minutes.
- Let the cookies cool 2 minutes on the baking sheets, then transfer to a rack to cool completely. Store in a loosely covered container for up to 3 days.
- Photograph by Andrew Mccaul

Nutrition Facts



Properties

Glycemic Index:5.2, Glycemic Load:4.54, Inflammation Score:-1, Nutrition Score:3.5565217098464%

Nutrients (% of daily need)

Calories: 98.12kcal (4.91%), Fat: 4.37g (6.72%), Saturated Fat: 0.83g (5.22%), Carbohydrates: 13.59g (4.53%), Net Carbohydrates: 12.28g (4.47%), Sugar: 5.33g (5.92%), Cholesterol: 8.41mg (2.8%), Sodium: 46.86mg (2.04%), Alcohol: 0.02g (100%), Alcohol %: 0.12% (100%), Protein: 2.25g (4.5%), Manganese: 0.4mg (19.82%), Selenium: 4.74µg (6.78%), Vitamin E: 0.92mg (6.13%), Phosphorus: 59.52mg (5.95%), Fiber: 1.31g (5.25%), Magnesium: 20mg (5%), Vitamin B2: 0.06mg (3.74%), Vitamin B1: 0.05mg (3.35%), Copper: 0.07mg (3.28%), Iron: 0.54mg (3%), Zinc: 0.43mg (2.84%), Calcium: 26.17mg (2.62%), Potassium: 90.77mg (2.59%), Vitamin B3: 0.36mg (1.81%), Vitamin B6: 0.04mg (1.78%), Vitamin K: 1.58µg (1.51%), Vitamin B5: 0.15mg (1.51%), Folate: 5.88µg (1.47%), Vitamin A: 54.59IU (1.09%), Vitamin D: 0.16µg (1.05%)