



One Bowl Oatmeal Raisin Cookies

 Vegetarian

READY IN



20 min.

SERVINGS



26

CALORIES



110 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 0.5 teaspoon cinnamon
- ☐ 1 large eggs
- ☐ 9 ounces ultragrain flour all-purpose
- ☐ 1 cup "natural" granulated sugar (evaporated cane juice)
- ☐ 0.5 cup grapeseed oil
- ☐ 0.3 cup greek yogurt

- ☐ 2.5 tablespoons mild molasses
- ☐ 0.3 teaspoon nutmeg freshly ground
- ☐ 0.7 cup old fashioned oats
- ☐ 0.5 cup raisins
- ☐ 1 teaspoon vanilla extract
- ☐ 0.5 cup walnuts toasted chopped

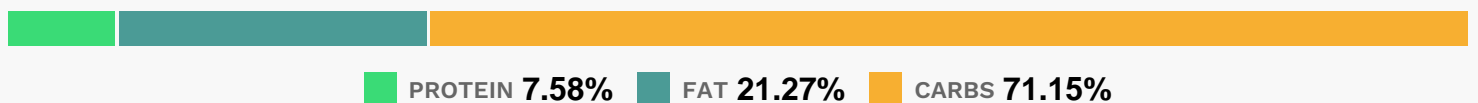
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ mixing bowl
- ☐ wire rack
- ☐ aluminum foil

Directions

- ☐ Preheat the oven to 375 degrees F. Line a couple of baking sheets with nonstick foil. In a large mixing bowl, thoroughly stir together all dry ingredients (flour through oats). Make a well in the center and add your oil, molasses, egg, yogurt and vanilla. With a mixing spoon, stir the liquid ingredients together in the center of the bowl.
- ☐ Add the walnuts and raisins, then stir everything (liquid and dry) all together. You should have a thick, smooth, dough. Using a generously rounded tablespoons (equal to 2 level tablespoons), scoop up dough and shape into balls. Arrange about 10 to 13 balls 2 1/2 inches apart on each baking sheet. Press the balls down slightly to make 3/4 inch rounds.
- ☐ Bake one sheet at a time on center rack for about 10 minutes or until the cookies are set.
- ☐ Let cool on baking sheet for about 3 minutes, then carefully transfer to a wire rack to finish cooling.

Nutrition Facts



Properties

Glycemic Index:17.65, Glycemic Load:7.78, Inflammation Score:-1, Nutrition Score:3.204347818442%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg

Nutrients (% of daily need)

Calories: 110.21kcal (5.51%), Fat: 2.75g (4.24%), Saturated Fat: 0.33g (2.06%), Carbohydrates: 20.73g (6.91%), Net Carbohydrates: 19.89g (7.23%), Sugar: 9.35g (10.39%), Cholesterol: 7.28mg (2.43%), Sodium: 63.93mg (2.78%), Alcohol: 0.05g (100%), Alcohol %: 0.19% (100%), Protein: 2.21g (4.42%), Manganese: 0.26mg (13.22%), Selenium: 5.24µg (7.49%), Vitamin B1: 0.1mg (6.64%), Folate: 22.01µg (5.5%), Iron: 0.83mg (4.6%), Vitamin B2: 0.08mg (4.49%), Phosphorus: 40.34mg (4.03%), Copper: 0.08mg (3.9%), Magnesium: 14.7mg (3.68%), Vitamin B3: 0.69mg (3.43%), Fiber: 0.84g (3.36%), Potassium: 88.33mg (2.52%), Calcium: 22.88mg (2.29%), Vitamin B6: 0.04mg (2.08%), Vitamin E: 0.29mg (1.95%), Zinc: 0.26mg (1.76%), Vitamin B5: 0.13mg (1.34%)