



The Oatiest Oatmeal Cookies Ever



Vegetarian



Gluten Free

READY IN



68 min.

SERVINGS



36

CALORIES



145 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 6 ounces brown sugar dark
- ☐ 1 large eggs
- ☐ 3.5 ounces granulated sugar
- ☐ 1 teaspoon ground cinnamon
- ☐ 1 pinch kosher salt
- ☐ 16 ounces old-fashioned rolled oats
- ☐ 4 ounces raisins

- ☐ 10 ounces butter unsalted at room temperature
- ☐ 1 teaspoon vanilla extract

Equipment

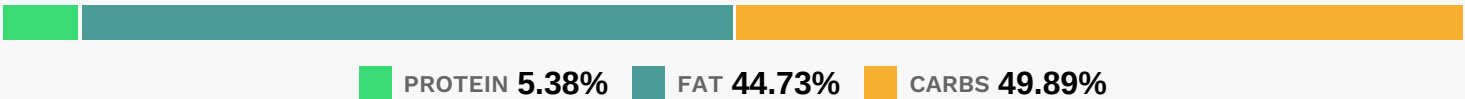
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ stand mixer

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 375 degrees F.
- ☐ Spread oats into a single layer on a half sheet pan.
- ☐ Bake until lightly toasted, about 20 minutes . Cool the oats for 2 to 3 minutes on the pan.
- ☐ Grind 8 ounces of toasted oats in a food processor until the consistency of whole wheat flour, about 3 minutes.
- ☐ Add the baking powder, cinnamon and salt to the food processor and pulse 2 to 3 times to combine. Set aside.
- ☐ Combine the butter and sugars in the bowl of a stand mixer and mix on medium speed using the paddle attachment until light in color, about 3 minutes. Stop once to scrape down the sides of the bowl. Reduce the mixer speed to the lowest speed and add the egg and vanilla extract.
- ☐ Mix to combine. Slowly add the flour mixture until just combined. Stop once to scrape down the sides of the bowl.
- ☐ Add the remaining toasted oats and the raisins. Stir to combine.
- ☐ Scoop the dough with a 1 1/2-ounce disher onto parchment-lined half sheet pans, leaving 2 inches between each mound.
- ☐ Bake until the cookies begin to brown around the edges, 12 to 14 minutes. Rotate the pan halfway through cooking. Cool on the pans for 2 minutes, and then move to a cooling rack to

cool completely.

Nutrition Facts



Properties

Glycemic Index:7.39, Glycemic Load:6.18, Inflammation Score:-2, Nutrition Score:3.5373912745196%

Nutrients (% of daily need)

Calories: 144.61kcal (7.23%), Fat: 7.37g (11.33%), Saturated Fat: 4.23g (26.46%), Carbohydrates: 18.49g (6.16%), Net Carbohydrates: 16.97g (6.17%), Sugar: 7.48g (8.32%), Cholesterol: 22.1mg (7.37%), Sodium: 18.7mg (0.81%), Alcohol: 0.04g (100%), Alcohol %: 0.15% (100%), Protein: 1.99g (3.98%), Manganese: 0.48mg (23.98%), Phosphorus: 61.33mg (6.13%), Fiber: 1.52g (6.07%), Selenium: 4.24µg (6.06%), Magnesium: 19.16mg (4.79%), Vitamin B1: 0.06mg (4.16%), Vitamin A: 204.46IU (4.09%), Iron: 0.69mg (3.86%), Zinc: 0.49mg (3.28%), Copper: 0.06mg (3.19%), Potassium: 82.17mg (2.35%), Calcium: 21.15mg (2.11%), Vitamin B2: 0.03mg (2.06%), Vitamin B5: 0.18mg (1.79%), Vitamin E: 0.25mg (1.68%), Folate: 5.07µg (1.27%), Vitamin B6: 0.02mg (1.16%)