



## Vegan Oatmeal Raisin Cookies

 Dairy Free

READY IN



28 min.

SERVINGS



21

CALORIES



184 kcal

DESSERT

### Ingredients

- ☐ 0.8 cup all purpose flour
- ☐ 0.5 Teaspoon baking soda
- ☐ 1 cup white/dark chocolate chips dried (Optional, I Used Raisins)
- ☐ 1 Teaspoon flax seed powder
- ☐ 0.5 Teaspoon ground cinnamon (I Used Only)
- ☐ 1 cup brown sugar light
- ☐ 3 cups old fashioned rolled oats instant quick (I Used Cooking Oats - Not )
- ☐ 0.5 Teaspoon salt (I Used Only)

- ☐ 1 Teaspoon vanilla extract
- ☐ 1 cup walnuts toasted chopped (Optional)
- ☐ 0.3 cup water

## Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ wire rack
- ☐ blender
- ☐ hand mixer
- ☐ wooden spoon
- ☐ spatula
- ☐ ice cream scoop

## Directions

- ☐ Preheat oven at 350F/180C for 15 minutes. Prepare 2 large baking sheets either greasing it or lining it with parchment paper. Cream the butter and sugar until smooth and creamy. I used a hand mixer. In a blender, add flax seed powder and water and blend it until it's foamy.
- ☐ Add the flax seed mixture and vanilla extract to the creamed butter. Stir it well using a wooden spoon/spatula. In a medium size bowl, sift together the flour, baking soda, salt and cinnamon.
- ☐ Add the flour mixture to the wet ingredients and combine it well using a spatula. Now stir the oats and other optional ingredients you wish to include. Drop the batter by a table spoon 2 inches apart. I used an ice cream scoop. Wet your hands and flatten the cookies so that they are about 1/2 an inch thick.
- ☐ Bake it for 12-15 minutes or until the edges are golden brown and the centre is little wet.
- ☐ Remove it from the oven and let it cool in the baking sheet itself for 5 minutes. Then transfer it to a wire rack to cool it completely.

## Nutrition Facts



 **PROTEIN 7.62%**  **FAT 34.42%**  **CARBS 57.96%**

## Properties

Glycemic Index:8.19, Glycemic Load:5.21, Inflammation Score:-2, Nutrition Score:5.3547826678209%

## Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg

## Nutrients (% of daily need)

Calories: 184.11kcal (9.21%), Fat: 7.18g (11.05%), Saturated Fat: 2.97g (18.55%), Carbohydrates: 27.22g (9.07%), Net Carbohydrates: 25.16g (9.15%), Sugar: 13.38g (14.87%), Cholesterol: 0.09mg (0.03%), Sodium: 94.63mg (4.11%), Alcohol: 0.07g (100%), Alcohol %: 0.19% (100%), Protein: 3.58g (7.15%), Manganese: 0.67mg (33.61%), Phosphorus: 83.77mg (8.38%), Fiber: 2.05g (8.21%), Selenium: 5.74µg (8.2%), Copper: 0.16mg (8.17%), Vitamin B1: 0.12mg (7.88%), Magnesium: 30.44mg (7.61%), Zinc: 0.94mg (6.26%), Iron: 1.06mg (5.89%), Folate: 19.37µg (4.84%), Calcium: 47.8mg (4.78%), Potassium: 141.13mg (4.03%), Vitamin B2: 0.06mg (3.77%), Vitamin B6: 0.06mg (2.99%), Vitamin B3: 0.56mg (2.81%), Vitamin B5: 0.26mg (2.61%), Vitamin E: 0.23mg (1.51%), Vitamin K: 1.08µg (1.03%)