

Food is Health • Community Recipe Challenge

Healthy Oatmeal Cookies

Ingredients

- 1 ¼ cups quick-cooking oats
- 1 cup white whole wheat flour
- 1 ½ teaspoons baking powder
- 1 ½ teaspoons ground cinnamon
- ½ teaspoon kosher salt
- ¼ cup unsweetened applesauce
- 4 tablespoons unsalted butter, melted and cooled
- 1 large egg
- 1 teaspoon pure vanilla extract
- ½ cup honey
- ⅓ cup dark chocolate chips (or carob chips)
- ¼ cup raisins

Optional: ¼ cup well chopped raw walnuts or pecans, or an additional 2 tablespoons each of dark chocolate (or carob) chips and raisins



Recipe from Wellplated.com (adapted)



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Instructions

1. In a large bowl, whisk together oats, flour, baking powder, cinnamon, and salt.
2. In a medium bowl, combine applesauce, butter, egg, vanilla, and honey. Whisk until blended.
3. Pour the liquid mixture into the flour mixture and stir just until combined. Fold in chocolate chips and raisins.
4. Place in the refrigerator and let chill for at least 30 minutes or up to 3 days.
5. When ready to bake, place a rack in the center of your oven, preheat to 350 degrees F. Line a baking sheet with parchment paper or a silicone baking sheet.
6. Remove the dough from the refrigerator (if it is very stiff, let it sit out for 5-10 min).
7. With a spoon, drop the dough into 1 1/2-inch balls. Arrange on the baking sheet, leaving 1 inch of space around each. With your fingers, gently flatten each cookie to about 3/4-inch thick.
8. Bake until the cookies are golden and firm around the edges, about 9 to 10 min.
9. Place the baking sheet on a wire rack, let the cookies cool on the baking sheet for 2 minutes, then transfer the cookies to the rack to cool completely.

Recipe makes 24 cookies. Leftover cookies will keep in an airtight container at room temp for up to 3 days, in the refrigerator for up to 5 days, or in the freezer for up to 3 months.



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To see contest rules, visit elcaminohealth.org/foodishealth.
For questions, please email FoodisHealth@elcaminohealth.org.

Nutrition Information per Serving

Serving: 1 cookie

Calories	111
Protein	2g
Carbohydrates	17g
Fat	4g
Saturated Fat	2g
Fiber	2g
Sugar	8g
Cholesterol	13mg

The information shown is an estimate.



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