

Oatmeal Cookies

Oats are among the healthiest grains on Earth. They are a good source of carbs and fibre and contain more protein and fat than most grains.

Nutritional Info (per cookie): 218 calories, carbs 32.3g, fat 838g, protein 3g



Photo by Serafima Lazarenko on Unsplash

Ingredients (24 cookies)¹

- 1 cup butter, softened
- 1 cup white sugar
- 1 cup packed brown sugar
- 2 eggs
- 1 teaspoon vanilla extract
- 2 cups all-purpose flour
- 1 teaspoon baking soda
- 1 teaspoon salt
- 1 ½ teaspoons ground cinnamon
- 3 cups quick cooking oats
- 1 cup of raisins

¹ Recipes by bittersweet1 on allrecipes.com

Method

In a medium bowl, cream together butter, white sugar, and brown sugar.

Beat in eggs one at a time, then stir in vanilla.

Combine flour, baking soda, salt, and cinnamon; stir into the creamed mixture.

Mix in oats. Cover, and chill dough for at least one hour.

Preheat the oven to 190 degrees C.

Grease cookie sheets.

Roll the dough into walnut sized balls, and place 2 inches apart on cookie sheets.

Flatten each cookie with a large fork dipped in sugar.

Bake for 8 to 10 minutes in preheated oven.

Allow cookies to cool on baking sheet for 5 minutes before transferring to a wire rack to cool completely.

