

Oatmeal Cookies

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 36 Serving Size: 1 cookie

| Ingredients | Quantity | Measure |
|---------------------------|----------|-------------|
| Water, warm | 3 | tablespoons |
| Flaxseed, ground | 1 | tablespoon |
| Non-dairy margarine | 11 | ounces |
| Light brown sugar | 11 | ounces |
| Apple sauce, sweetened | 3 | ounces |
| Orange juice | 1 | tablespoon |
| All-purpose flour | 12 | ounces |
| Salt | ½ | teaspoon |
| Baking soda | 2 | teaspoons |
| Vanilla extract | 1 | teaspoon |
| Oats | 11 | ounces |
| Optional | | |
| Non-dairy chocolate chips | 12 | ounces |
| Walnuts, chopped | 2 | cups |
| Raisins | 2 | cups |
| Cranberries | 2 | cups |

Preparation

1. Mix warm water and flaxseed in a small bowl. Let set for 5 minutes.
2. Blend margarine, brown sugar and sweetened apple sauce.
3. Add orange juice, warm water, vanilla, and flaxseed mixture to brown sugar mixture. Blend well.
4. Add flour, salt and soda, blend into above mixture.
5. Stir in oats.
6. Stir in any additional options: chocolate chips, raisins, nuts, etc.
7. Bake at 350 degrees Fahrenheit convection oven/375 degrees Fahrenheit home conventional oven for 8-10 minutes.

Nutrition Information per serving *From USDA Nutrient Database

Per cookie to include all optional ingredients

Calories: 174 Total Fat: 5g Saturated Fat: 1g Monounsaturated Fat: 1g Polyunsaturated Fat: 3g Trans Fat: 0g
Cholesterol: 0mg Carbohydrate: 31g Fiber: 2g Total Sugar: 0g Protein: 3g Sodium: 106mg Vitamin A: 0µg
Vitamin C: 1mg Calcium: 22mg Iron: 1mg Folate: 35µg