



# Healthy Oatmeal Raisin Cookies

*These cookies are made healthier than your standard cookie by making just a few simple substitutions that don't compromise flavour. The use of whole grains makes these cookies a good source of fibre. Instead of butter, this recipe uses healthy fats like coconut, ground flaxseed, and natural almond butter. The result is a delicious treat that not only tastes good – but is good for you too!*

Prep: 10 minutes • Total: 25 minutes

## Ingredients:

Rollled oats	1 cup	250 mL
Whole wheat flour	2/3 cup	167 mL
Salt	¼ tsp	1 mL
Cinnamon	½ tsp	2.5 mL
Unsweetened shredded coconut	2 Tbsp	30 mL
Raisins	¼ cup	63 mL
Baking powder	1 tsp	5 mL
Ground flaxseed	1/3 cup	83 mL
Maple syrup	½ cup	125 mL
Almond butter	3 Tbsp	45 mL
Vanilla extract	1 ½ tsp	7.5 mL
Canola oil	2 Tbsp	30 mL

## Directions:

1. Preheat oven to 350°F.
2. In a bowl combine oats, flour, salt, cinnamon, coconut, raisins, pumpkin seeds, and baking powder.
3. In a separate bowl, combine ground flaxseed, almond butter, and vanilla, and stir until combined. Stir in oil and maple syrup.
4. Add wet mixture to dry and stir until just combined.
5. Line a baking sheet with parchment paper. Spoon batter into evenly spaced mounds on baking sheet and lightly flatten.
6. Bake for 11-13 minutes, then remove and transfer to rack to cool.

## Nutrition Facts

Serving Size (21g)

Servings Per Container

Amount Per Serving

**Calories 80**      **Calories from Fat 35**

% Daily Value\*

**Total Fat 3.5g**      **5%**

Saturated Fat 0.5g      **3%**

Trans Fat 0g

**Cholesterol 0mg**      **0%**

**Sodium 55mg**      **2%**

**Total Carbohydrate 12g**      **4%**

Dietary Fiber 2g      **8%**

Sugars 5g

**Protein 2g**

Vitamin A 0%      •      Vitamin C 0%

Calcium 4%      •      Iron 4%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

*Adapted from: Eat, Drink and Be Vegan  
by Dreena Burton*

Makes 12 servings (21 g / serving) • 1 serving = 1 cookie

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