

# Healthy Oatmeal Raisin Cookies

**Prep Time** 10 minutes  
**Cook Time** 14 minutes  
**Total Time** 24 minutes

**Servings** 12 medium-sized cookies  
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## Ingredients

- 1 1/3 cups of quick cooking oats or rolled oats
- 1/3 cup of all purpose flour
- pinch of salt
- 1/4 teaspoon of baking powder
- 1/4 teaspoon of baking soda
- 1 teaspoon of ground cinnamon
- 1 teaspoon of vanilla
- 6 tablespoons of room temperature unsalted butter ( margarine may be substituted)
- 3/4 cup of light brown sugar
- 1 egg
- 3/4 cup of dark raisins
- 1/3 cup of flax seeds

## Instructions

1. Preheat the oven to 350 degrees and line a baking sheet with parchment paper.
2. Using a hand mixer, beat the butter and brown sugar until fluffed up ( 1-2 minutes) and add the egg, cinnamon and vanilla and beat for another 30 seconds until smooth.
3. In a separate bowl, mix the oats, raisins, flax seeds and flour with baking powder and baking soda and pinch of salt.
4. Then using a rubber spatula, fold the oat mixture into the egg mixture. The dough will be a little crumbly, that's ok.
5. Using a standard tablespoon measuring spoon or a small ice cream scoop or oiled hands, pick up golf ball sizes of the dough and place them on the cookie sheet about 1/2 inches apart ( these cookies don't spread too much).
6. Bake the cookies ( middle rack) for 12-14 minutes depending on the size of your cookies. Take them out while the centre is still soft but the edges have set ( if you like a chewy cookie) or let them bake an extra 2 minutes until the centres are set too if you like a crunchier cookie.
7. Cool on the baking sheet for 2 minutes before attempting to remove them.
8. Now enjoy!
9. To freeze the dough: wrap it in wax or parchment paper and freeze it as a log or pre-measure it into golf ball sizes. When ready to bake slice the dough ( if it's a log) or bake the gold ball frozen doughs at the same temperature for an extra 2 minutes longer.