

Simple Oatmeal Cookies

Preparation time	20 minutes
Cooking time	12 minutes
Servings	16
Cost per serving	22¢
Storage	4 days in the fridge. Can be frozen.
Kitchen tools	Measuring cups and spoons, cutting board, sharp knife, 2 baking sheets, parchment paper (or oil), small bowl, large bowl, fork, spoon



Ingredients



375 ml (1½ cups)
quick cooking
rolled oats



250 ml (1 cup)
whole-wheat flour
or all-purpose flour



2.5 ml (½ tsp)
baking soda



1 ml (¼ tsp)
salt



160 ml (2/3 cup)
softened **butter** or
non-hydrogenated margarine



175 ml (¾ cup)
brown sugar



5 ml (1 tsp)
vanilla



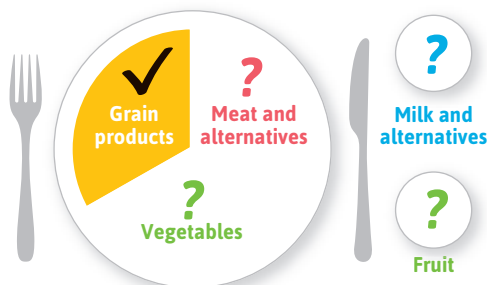
1 egg

OR USE BOTH CHOPPED
RAISINS AND CHOCOLATE
CHIPS, AS LONG AS
THE TOTAL QUANTITY
IS 125 ML.



125 ml (½ cup) raisins,
chopped, or semi-sweet or dark
chocolate chips (optional)

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Balanced plate

Delicious served with a glass of milk or fortified soy beverage

Directions

- 1** Place one oven rack in the middle position and the other below. Preheat the oven to 190°C (375°F). Oil both baking sheets or cover with parchment paper.
Tip: If you only have 1 baking sheet, simply cook the cookies in 2 batches!

- 2** In a small bowl, combine the dry ingredients: **rolled oats, flour, baking soda** and **salt**. Set aside.

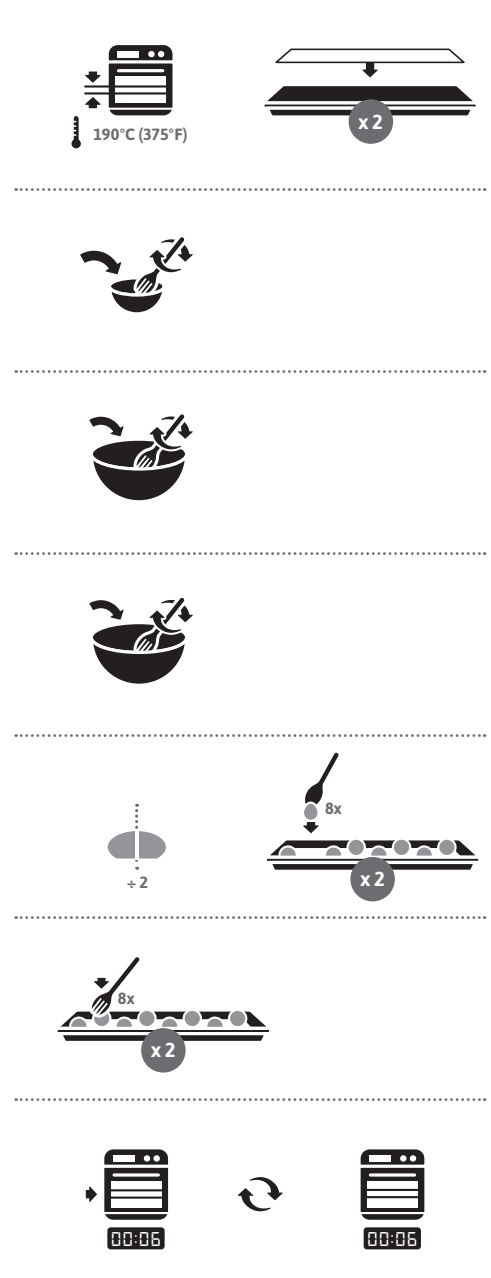
- 3** In a large bowl, add the softened **butter, brown sugar, vanilla** and **egg** and mix with a fork.

- 4** Add the **flour mixture** and the **raisins** or **chocolate chips** (if using). Mix gently with the spatula until the dough has a smooth and even texture.

- 5** Divide the cookie dough into 2 equal parts. Drop 8 spoonfuls onto each baking sheet.

- 6** Lightly flatten the cookies with a fork to give them a nice round shape.

- 7** Put both sheets in oven for 6 minutes. Switch the baking sheets and cook for another 6 minutes or until a crust forms on the cookies.



My rating: ★ ★ ★

This original recipe was developed by Extenso - The Université de Montréal reference centre on human nutrition