

## [Hearty oatmeal cookies](#)



Recipe credit

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### **About this recipe**

Serves

36

Serving size

1 cookie

Time to make

20 minutes preparation; 12-15 minutes cook time

Special criteria

[Food shelf friendly](#)

[Vegetarian recipes](#)

## Ingredients

- 3/4 cup margarine
- 1/2 cup brown sugar
- 1/2 cup white sugar
- 1 egg or 2 egg whites
- 1/4 cup water
- 1 teaspoon vanilla
- 1/2 cup whole-wheat flour
- 1/2 cup all-purpose flour
- 1/2 teaspoon baking soda
- 1 cup raisins
- 3 cups quick or old-fashioned rolled oats

## Directions

1. Preheat oven to 350 degrees F.
2. Cream margarine and sugars together.
3. Add egg, water and vanilla and beat mixture until creamy.
4. Mix flours and baking soda together and beat into margarine mixture.
5. Stir in raisins and rolled oats.
6. Drop teaspoons of the batter onto ungreased baking sheet.
7. Bake 12-15 minutes.

## Tips and variations

- For variety, you could also add 1/2 teaspoon ground cinnamon or 1/2 cup chopped nuts to this recipe. You could also swap in some chocolate chips or dried cranberries for some or all of the raisins.
- Whole wheat flour is a whole grain food, meaning it's healthier than all-purpose flour. You can safely swap out half of the all-purpose flour for whole wheat flour in any recipe without affecting the recipe. (We have already made that change

to this recipe.) Try making this change in a favorite recipe. It's an easy way to help your family eat more whole grains!

## Nutritional info

Calories

103

Total fat

4.5 g

Saturated fat

0.9 g

Cholesterol

5.2 mg

Sodium

65 mg

Total carbohydrates

15 g

Dietary fiber

1 g

Protein

1.5 g

Total sugar

7.3 g

Allergens

Dairy

Eggs

Wheat

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