

# Oatmeal Cookies

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

Servings: 36

Ingredients	Quantity	Measure
Earth Balance, Non-Dairy Margarine	11	oz.
Light Brown Sugar	11	oz.
Water, warm	3	tbsp.
Ground Flaxseed	1	tbsp.
Apple Sauce, sweetened	3	oz.
All-Purpose Flour	12	oz.
Oats	11	oz.
Salt	½	tsp.
Baking Soda	2	tsp.
Orange Juice	1	tbsp.
<b>Optional</b>		
Non-Dairy Chocolate Chips	12	oz.
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 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 commercial ovens/375 home oven) for 8-10 minutes.

## Serving Suggestion

Serve two cookies with a glass of almond milk.

## Nutrition Information

\*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