

Oatmeal Raisins Cookies – Vegan – SOS

Prep Time: 20 minutes
Cook Time: 10 minutes
Total Time: 30 minutes

Serving Size: 12
Calories per serving: 249
Fat per serving: 3.8 grams

'The Health Promoting Cookbook', by Alan Goldhamer, D.C., p- 160.

Ingredients

- 4 cups oat flour (can be oatmeal ground in a blender or food processor)
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1 teaspoon cinnamon
- 1/4 teaspoon nutmeg
- 2 ripe bananas, mashed
- 1 cup apple juice
- 1/2 cup raisins
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Instructions

1. Preheat the oven to 375° F. Mix the dry ingredients in a large bowl.
2. In a food processor, blend the bananas and juice until smooth.
3. Slowly add the dry ingredients while mixing.
4. Pour the batter into the large bowl, and add the raisins. Drop by spoonfuls onto a nonstick baking sheet.
5. Bake for 10 minutes.

Notes

Nutrition facts (per serving): Calories: 249, from fat: 32, total fat: 3.8g, cholesterol: 0mg, sodium: 55mg, total carbohydrate: 32g, fiber: 7.6g, sugar: 7g, protein: 9.2g.