



HEALTHIER OATMEAL COOKIES

Ingredients: [makes 24 cookies]

- 1 cup old-fashioned rolled oats
- 3/4 cup (3 3/4 oz) unbleached all-purpose flour
- 1/4 tsp ground cinnamon
- 1/4 tsp ground nutmeg
- 1/4 tsp baking soda
- 1/4 tsp table salt
- 4 tbsp (1/2 stick) unsalted butter, melted and cooled
- 1 large egg
- 1 tbsp vanilla extract
- 1 cup packed (7 oz) dark brown sugar
- 1/2 cup dried cranberries [substitute: raisins, dried cherries, dried blueberries]

Preparation:

1. Adjust oven rack to middle position and heat oven to 350°F. Line 2 baking sheets with parchment paper.

2. Whisk oats, flour, cinnamon, nutmeg, baking soda, and salt together in a medium bowl; set aside. In a large bowl, whisk butter, egg, and vanilla together. Stir in brown sugar until smooth, smearing any remaining clumps of sugar against side of bowl with rubber spatula. Stir in oat mixture and raisins until thoroughly combined.

3. Working with 1 tablespoon dough at a time, roll dough into 1-inch balls. [If dough is too soft to roll, refrigerate until firm. You can also use a plastic measuring tablespoon and a teaspoon to shape the dough]. Place dough balls on prepared baking sheets, spacing them about 2 1/2 inches apart. *Recommended:* insulated cookie sheet with Silpat baking sheet to replace the parchment paper for better results.

4. Bake cookies 1 sheet at a time, until edges are light golden and centers are just set, 11 to 13 minutes, rotating baking sheet front to back halfway through baking (do not overbake). Cool cookies on baking sheets 5 minutes, then serve warm, or transfer to wire rack and cool completely. [Cooled cookies can be transferred to an airtight container for up to 4 days.]

Nutritional information per cookie -- Calories: 90 Fat: 2.5g Saturated Fat: 1.5 g

Happy baking!

This recipe was brought to you by **Gourmeted.com**. It was adapted from *Cook's Illustrated Spring 2008 Light Recipes* magazine. If you have questions regarding this recipe, contact us at gourmeted@gmail.com.