

OATMEAL FLAX RAISIN COOKIES



INGREDIENTS

- 1 1/2 c Whole wheat pastry flour **OR** gluten-free flour of your choice
- 1 C Oatmeal (1 minute type)
- 1/4 C Flaxseed (finely ground)
- 1 t Baking soda
- 1/2 t Salt
- 1/2 t Cinnamon
- 8 oz Applesauce
- 1 C Sugar Substitute (cup for cup)
- 3/4 C Dark brown sugar **OR** Sugar Substitute (cup for cup)
- 1/2 C Egg substitute
- 1 t Vanilla
- 1 C Golden Raisins

DIRECTIONS

- 1 Pre-heat oven to 350 F
- 2 Line 2 baking sheets with parchment paper or spray with non-stick cooking spray
- 3 Whisk the flour, oats, flaxseed, baking soda, salt & cinnamon in a bowl
- 4 In a separate bowl, mix the applesauce, sugars, eggs & vanilla
- 5 Add the flour mix & beat until just combined
- 6 Stir in the raisins
- 7 Drop by heaping tablespoonfuls of dough onto the prepared baking sheets about 2 inches apart
- 8 Bake until golden brown for 10 to 12 minutes
- 9 Let the cookies cool 3 minutes on the baking sheets, then transfer to racks to cool completely

