Oatmeal Chocolate Chip or Oatmeal Raisin Cookies

Cooking spray
2/3 cup canola oil
2/3 cup brown sugar, packed
3/4 cup white granulated sugar
2 large eggs
2 cups oatmeal, uncooked, old fashion style
1 tbsp hot water
1 tsp baking soda
1 tsp salt
1 tsp vanilla
1 ½ cups all purpose flour
1 cup dark chocolate chips* or raisins

Yield: 3 dozen cookies

Nutrient Value (per cookie)
Calories: 130  Saturated Fat: 1 g
Carbohydrate: 18 g  Fiber: 1 g
Protein: 2 g

1. Preheat the oven to 350° F.
2. Spray 2 baking sheets with nonstick cooking spray.
3. Combine canola oil, sugars and eggs in a large bowl. Beat with an electric mixer for 3 minutes.
4. Add oatmeal; beat well.
5. Add water, baking soda, salt, vanilla and flour; mix well.
6. Stir in chocolate chips or raisins.
7. Drop rounded teaspoons full of dough (approximately 1 ½ inches diameter) onto prepared baking sheets.
8. Bake at 350° F oven for about 11 minutes or until golden brown.
9. Let cool on baking sheets for 1 minute.
10. Transfer cookies to a baking rack for cooling.

* We used Hershey’s® Special Dark Chocolate Chips

Nutrition Center
UI College of Public Health
www.uiowanutritioncenter.org