HEALTHY RASPBERRY OATMEAL COOKIES

Ingredients:

- 1 cup instant oats
- ¾ cup whole wheat or gluten-free flour
- 1 ½ tsp baking powder
- ½ tsp ground cinnamon
- ⅛ tsp salt
- 2T coconut oil or unsalted butter, melted
- 1 large egg, room temperature
- 1 tsp vanilla extract
- ½ cup honey
- 6T fresh raspberries, diced



Directions:

In a medium bowl, whisk together the oats, flour, baking powder, cinnamon, and salt. In a separate bowl, whisk together the coconut oil, egg, and vanilla. Stir in the honey until thoroughly incorporated. Add in the flour mixture, stirring just until incorporated. Fold in the raspberries. Chill the dough for at least 30 minutes. (If chilling longer, cover with plastic wrap, ensuring it touches the entire surface of the cookie dough.)
Preheat the oven to 325°F, and line a baking sheet with parchment paper. Drop the cookie dough into 15 rounded scoops on the baking sheet. (If chilled longer than 1.5 hours, flatten slightly.) Bake at 325°F for 13-15 minutes. Cool on the baking sheet for at least 15 minutes before turning out onto a wire rack. Makes 15 cookies.
Note: It's incredibly important to measure both the oats and flour correctly. If scooped from the container using the measuring cup, you'll end up with 1.5 times as much, which will dry out your cookies and make them crumbly.

NUTRITION PER SERVING:

Per cookie: Calories 102, Fat 3g, Sat Fat 2g, Chol 12 mg, Carbs 19 g, Sugar 10 g, Fiber 2g, Sodium 76 mg, Protein 2gcom