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Healthy Oatmeal Cookies

★★★★ (10/10)

Pull a fast one on the kids: In just 10 minutes, whip up the dough for these sweet, crunchy treats made with whole-wheat flour. Many recipes for baked goods can be tweaked to use equal parts whole-wheat and all-purpose flours, without losing flavor or texture.

PREP: 10 MINS | TOTAL TIME: 35 MINS | YIELD: MAKES 16 TO 20



PHOTOGRAPHY: JOHN KERINCE

SOURCE: EVERYDAY FOOD, SEPTEMBER 2007



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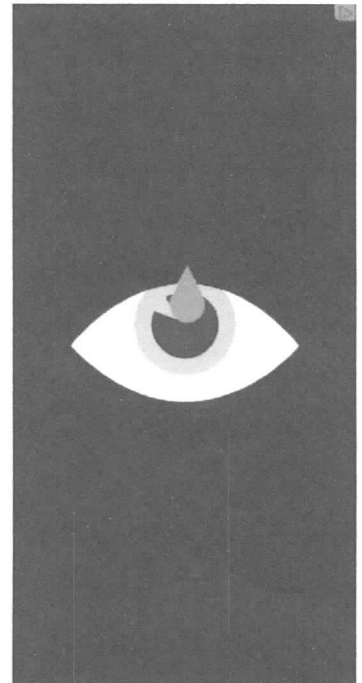
Lucky

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INGREDIENTS

- 1/2 cup whole-wheat flour (spooned and leveled)
- 1/2 cup all-purpose flour (spooned and leveled)
- 1 teaspoon baking powder
- 1/3 cup vegetable oil
- 2/3 cup packed dark-brown sugar
- 1 large egg
-  Eggs Large White
- 1 teaspoon pure vanilla extract
- 1/2 cup rolled oats (not quick-cooking)
- 1/2 cup dried currants or raisins

DIRECTIONS

- Preheat oven to 350 degrees. In a medium bowl, whisk together flours and baking powder; set aside. [Watch How to Measure Flour](#)
- In a large bowl, whisk together oil, sugar, egg, and vanilla. Add flour mixture, and stir to combine; mix in oats and currants.
- Using two tablespoons of dough per cookie, roll into balls; place on two baking sheets lined with parchment paper, 1 1/2 inches apart. Bake until lightly browned, 15 to 17 minutes, rotating sheets halfway through.
- Cool 5 minutes on sheets, then transfer cookies to a wire rack to cool completely.

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