

## 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  
1½ 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  
Protein: 2 g      Fiber: 1 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 1½ 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

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