

Oatmeal Cookies made with olive oil for the MIND diet

- 1 cup oatmeal (I used old-fashioned, but instant should be fine, too)
- 3/4 cup whole wheat flour
- 1 1/2 tsp baking powder
- 1 1/2 tsp cinnamon
- 1/8 tsp salt
- 2 TBSP olive oil
- 1 large egg
- 1 tsp vanilla
- 1/2 cup sugar-free syrup (see options below)
- 1/4 cup raisins



Mix the dry ingredients and liquid ingredients separately. Then, fold the liquids into the dry ingredients until barely mixed and fold in the raisins. Chill for about 30 minutes.

Preheat oven to 325 degrees. Line a large cookie sheet with parchment paper. Scoop the cookies onto the sheet so that you have 15 cookies. I used the medium Pampered Chef scoop that holds just over 1 TBSP, full but not heaping, and it came out just right. Flatten the cookies a bit.

Bake for about 11 minutes and let them cool on the pan a few minutes.

Nutrition Facts calculated on MyFitnessPal.com.

Calories per cookie, if other sweeteners used:

- 1/2 cup brown sugar and 5 TBSP milk -103 calories
- 1/2 cup agave - 103 calories
- 1/2 cup regular syrup -99 calories

Nutrition Facts			
Servings 15.0		Cholesterol 12 mg	4 %
Amount Per Serving		Sodium 73 mg	3 %
calories 76		Potassium 71 mg	2 %
	% Daily Value *	Total Carbohydrate 12 g	4 %
Total Fat 3 g	4 %	Dietary Fiber 2 g	7 %
Saturated Fat 0 g	2 %	Sugars 2 g	
Monounsaturated Fat 2 g		Protein 2 g	4 %
Polyunsaturated Fat 0 g		Vitamin A	0 %
Trans Fat 0 g		Vitamin C	0 %
Cholesterol 12 mg	4 %	Calcium	1 %
		Iron	4 %

Calories per cookie if 1/2 cup chopped walnuts added to recipe using sugar free syrup: 92

Calories per cookie if 1/2 cup chopped walnuts added to recipe using sugar free syrup + 1/4 cup brown sugar: 102