

Chewy Raisin Cookies



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Makes 30 cookies

What You Need

1 cup raisins
1/2 cup water
1/4 cup oil
1 cup sugar
1 egg
1 tsp vanilla

*Serve warm from the oven
with a glass of cold milk for
a treat!*

1 cup whole wheat flour
1 cup unbleached white flour
1/2 tsp. baking soda
1 tsp salt
1 tsp cinnamon
1/2 tsp nutmeg

Per Serving

Calories 90
Carbohydrates 17 g
Protein 1 g
Fat 2 g
Dietary Fiber 1 g

How You Prepare

In a pot combine raisins and water. Bring to a boil for 5 minutes, then cool. In a separate bowl cream together oil, sugar, egg, and vanilla. Add cooled raisin mixture. Add the remaining ingredients and blend thoroughly. Drop from a spoon onto cookie sheet. Bake at 400 degrees for 10-12 minutes. until done.