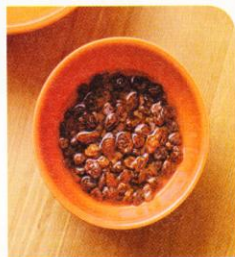


These flavorful cookies make a wholesome treat for a spring picnic or a school lunch box *By Bill Collins*



Ingredients:

- ☐ ½ cup raisins
- ☐ ½ cup sifted flour
- ☐ ½ cup sugar
- ☐ ½ teaspoon salt
- ☐ 1 teaspoon baking powder
- ☐ 1 teaspoon cinnamon
- ☐ ¼ teaspoon nutmeg
- ☐ 1 egg
- ☐ 1 teaspoon vanilla extract
- ☐ ¼ cup butter, melted
- ☐ 3 cups quick oats



Step 1 Heat the oven to 350°. Line two cookie sheets with parchment paper. Place the raisins in a small bowl, cover them with water, and let them soak for 15 minutes.

A Better Oatmeal Cookie

Our delicious remake of this kid favorite calls for half the butter and sugar of traditional recipes but packs just as much flavor. To help keep the cookies moist, we soak the raisins before adding them into the dough, along with a bit of the reserved raisin water. The result: a healthier treat that's crisp on the outside, chewy on the inside, and chock-full of plump, juicy raisins.

HANDS-ON TIME: 20 MINUTES / TOTAL TIME: 55 MINUTES (INCLUDES SOAKING TIME) / YIELD: 24 COOKIES

BAKER'S TIP

- ★ Quick oats have been cut and processed for faster cooking. They should not be confused with rolled (or old-fashioned) oats, which require longer cooking, or instant oats, which are precooked.

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Step 2 In a large bowl, sift together the flour, sugar, salt, baking powder, cinnamon, and nutmeg, then stir them until they're evenly blended.



Step 3 Set aside 3 tablespoons of water from the bowl of raisins, then drain the raisins, discarding the remaining water.



Step 4 Whisk the egg in a medium bowl. Stir in the vanilla extract, melted butter, and reserved raisin water.



Step 5 Make a well in the flour mixture, then pour in the egg mixture and blend well. Use a spatula to stir in the oats and the raisins. **Note:** The dough will be lumpy.



Step 6 With a tablespoon or a cookie scoop (1½ tablespoon size), place portions of the dough on the cookie sheets, then use a spatula to flatten them slightly.



Step 7 Bake the cookies one pan at a time, rotating the pan halfway through, until they're golden brown, about 16 minutes. Let the cookies cool on the sheet for 3 to 4 minutes, then use a spatula to transfer them to a wire rack to cool completely.

Why sift? Flour becomes compacted when it's shipped, which can lead to inaccurate measuring. Sifting adds air and yields lighter, fluffier baked goods. The photo below shows the same amount of flour before (left) and after sifting. If you don't own a sifter or sieve, you can whisk your flour for similar results.



KITCHEN SCIENCE

Bill Collins is a personal chef in western Massachusetts. Find more of his recipes at chefbill.com.

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DID YOU KNOW?

Oats are a good source of iron, manganese, and magnesium.



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