

Crispy Oatmeal Cookies

www.theconsciousplantkitchen.com

These **Crispy Oatmeal Cookies** are thin and healthy cookies with a delicious crispy texture and packed with wholesome ingredients for a delicious, healthy snack or breakfast.

You can find the full recipe, including tips, step-by-step photos, video, storage instructions, detailed allergy swaps, FAQ, and save at:

<https://www.theconsciousplantkitchen.com/crispy-oatmeal-cookies/> or scan the QR code here 



5 from 4 votes

Scan this to go to the recipe!



Prep Time
10 mins

Cook Time
14 mins

Rest
8 mins

Total Time
32 mins

Servings: 6 cookies Calories: 184.1kcal Author: Carine Claudepierre

Ingredients

- 1 cup Quick Oats (note 1)
- ½ cup Homemade Oat Flour not overly packed (note 2)
- ¼ cup Maple Syrup (note 3)
- 2 tablespoons Coconut Oil melted and cooled (note 4)
- 2 tablespoon Almond Milk room temperature (note 5)

Optional - for flavor and texture

- 2 tablespoon Unrefined Sugar for boost of sweetness and crispiness
- ½ teaspoon Cinnamon
- 1 teaspoon Vanilla Extract
- ¼ teaspoon Salt

Instructions

1. Preheat the oven to 350 °F (180 °C). Line a large cookie sheet with parchment paper. Lightly oil the paper with a cooking oil spray.
2. In a mixing bowl, add all the dry ingredients, quick oats, oat flour, cinnamon, and salt, if used. Whisk to combine evenly.
3. Stir in liquid ingredients: maple syrup, almond milk, melted coconut oil, and vanilla extract if used. If your almond milk is cold - straight out of the fridge - make sure it doesn't touch the melted coconut oil or the oil firms up and creates lumps.
4. Stir all the ingredients together with a rubber spatula, pressing and pushing nicely to bring the oat flour into contact with the liquid. Set it aside for 10 minutes to give the fiber in the oats time to absorb all the liquid.
5. After that time, stir again, it should form a sticky batter that is not crumbly. If you squeeze it in your oiled hands, you can form a ball. If too wet or fragile, stir in extra oat flour, one tablespoon at a time, wait for a few minutes to let the fiber soak up the liquid, and add more until you can form dough balls. If too dry, add a bit more almond milk. But you shouldn't need to adjust the batter unless your oat flour is too coarse, or you didn't measure it properly.
6. Divide the dough into 6 even portions. Oil your hands generously with melted coconut oil and roll each dough portion into a dough ball.
7. Place the dough balls two thumbs apart on the prepared cookie sheet.
8. Place a piece of parchment paper on top of the dough balls and press them with the back of a measuring cup to flatten the cookie into a large round and thin cookie (0.03 inches/0.8mm).
9. If the sides crack, pat them with your fingers to smoothen.

10. Bake the cookies on the center rack of the oven for 14-15 minutes at 350 °F (180 °C) until nicely golden brown on the sides.
11. Let the cookies cool down completely on the baking sheet.

Notes

Note 1: Quick oats are a finer version of classic old-fashioned rolled oats. You can make it at home by placing old-fashioned rolled oats in a food processor and pulsing them 2-3 times until they form a coarse oat mixture. Do not use old-fashioned rolled oats in this recipe, the size of this kind of oats is too large, and the cookie dough will not hold together, resulting in fragile cookies.

Note 2: Oat flour is basically rolled oats or quick oats that you blend in a high-speed blender until it forms a fine flour.

Note 3: Any liquid sweetener can be used.

Note 4: Light olive oil works as well or melted plant-based butter but the cookies are softer with these options.

Note 5: Any milk can be used like oat milk or soy milk.

Note 6: Add the sugar only for extra sweetness and extra crispy texture.

Storage: Store in a sealed container for up to 4 days in the fridge.

Crispy Oatmeal Cookies <https://www.theconsciousplantkitchen.com/crispy-oatmeal-cookies/>