

# Vegan Oatmeal Cookies

All the taste of Grandma's cookies, but none of the fat! These little vegan oatmeal raisin cookies are oil-free, dairy-free, and egg-free, with only 88 calories and 1 gram of fat per cookie! This recipe makes a whopping 42 cookies, so you may want to cut the recipe in half unless taking to a function.



4.53 from 48 votes

Prep Time	Cook Time	Total Time
20 mins	15 mins	35 mins

Course: Desserts    Cuisine: American    Diet: Low Calorie, Low Fat, Vegan, Vegetarian  
Servings: 3 dozen    Calories: 88kcal    Author: Terri Edwards

## Ingredients

- 1-3/4 cups whole wheat flour
- 1 cup less refined sugar sucanat, maple sugar, date sugar, pure cane (this is for 42 cookies) OR 1 cup date paste
- 3/4 teaspoon baking soda
- 3/4 teaspoon baking powder
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground nutmeg
- 1/2 teaspoon salt
- 2 tablespoons. ground flaxseed (equivalent to 2 eggs)
- 6 tablespoons water for flax egg
- 1-1/2 cups applesauce
- 1 tablespoon vanilla extract
- 1 tablespoon black strap molasses
- 3 cups rolled oats (not quick cooking)
- 1 cup raisins
- 1/4 cup chopped walnuts (optional)

## Instructions

1. Preheat oven to 350°F and line two cookie sheets with parchment paper.
2. In a large mixing bowl, add the flour, sugar, baking soda, baking powder, salt, cinnamon, and nutmeg. Use a whisk and combine thoroughly.
3. The way I avoid baking these vegan oatmeal raisin cookies with eggs is to use a mixture of flax meal and water that is called a flax egg. Simply combine **2 tablespoons flax meal with 6 Tbsp warm water** and whisk together well. The consistency will be somewhat gelatinous and it will act as a binder for this recipe.
4. In a medium-sized bowl, combine the flax egg, applesauce, molasses, and vanilla. Whisk together well.
5. Combine the contents of the dry ingredients and wet ingredients in the larger bowl and whisk together to achieve a nice thick batter.
6. Once the batter is mixed well, go ahead and add the oats, raisins, and walnuts (if using) and stir together. The batter will be so thick at this point, you will not be able to use a

whisk but will need a sturdy spoon.

7. Use a tablespoon or trigger-release ice cream scoop to plop the cookie batter onto a baking sheet lined with parchment paper.
8. Because the cookie batter is so thick, I like to take a fork and press the cookies down just a little bit before baking.
9. Place in the oven at 350°F and bake for approximately **15-20 minutes**. Oven temperatures vary.
10. Remove from the oven and allow the cookies to firm up for a few minutes while still on the cookie sheet.
11. Serve. Store cookies in an air-tight container to retain moistness. They freeze well too.

## Notes

### Tips & Suggestions:

I have included step-by-step photos and directions above to ensure your first attempt will be successful.

1. **Sweetener**- For those avoiding any type of sugar, date paste will work as a substitute in this cookie recipe.
2. **Prevent sticking**- I bake these cookies on parchment paper on a silicone baking mat to keep them completely oil-free.
3. **This makes a lot**- I make them a lot when I'm baking for family or social functions. *One batch makes 42 cookies* so, if you're making them just for the family, you might want to make a half-batch or freeze leftovers for later.
4. **Make them gluten-free**- These cookies are not gluten-free, but this link to the Minimalist Baker will help adjust it for those that want to give it a try.
5. **Storage**- Store in an airtight container in the refrigerator for up to 5-7 days. The cookies freeze very well. I make large batches often and keep them on hand for unexpected occasions when I need to take a dessert somewhere.

Thank You! <https://eatplant-based.com/oatmeal-walnut-raisin-cookies/>