



Wheat Free Oatmeal Cookies

Wheat free oatmeal cookies with a dollop of Fruit-Eze™ pure fruit regularity blend (prunes, raisins, dates).

Dry Ingredients

1½ cups flour
(1 c. rice flour, ½ c. rye flour)
½ teaspoon soda
1 teaspoon arrow root powder

“Wet” Ingredients

1 cup honey
½ cup vegetable oil
1 beaten egg
¼ cup water
(lemon or orange juice)
1 teaspoon vanilla

Also needed...

1^{2/3} cups quick cooking oatmeal
1 cup diced raisins
1 cup finely chopped nuts

Get Going...Naturally™ with delicious and nutritious **Fruit-Eze™** pure fruit regularity blend.



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Directions

Combine the 'wet' ingredients in a bowl. Combine the 'dry' ingredients in another bowl. Then, mix both together. **Add 1^{2/3} cups quick cooking oatmeal, 1 cup diced raisins, and 1 cup finely chopped nuts.** Stir to combine.

Make spoon size balls and place on lightly greased cookie sheet. (Size of balls can be varied for a moister or drier cookie per taste).

Bake at 350°, for 12-15 minutes. Just before baking is finished, make a small depression in the center of each cookie using the end of a wooden spoon.

Finish baking, and cool. While still slightly warm, spoon one tablespoon of Fruit-Eze™ into the depression. Makes about 3 dozen.

Storage: Flat (do not stack cookies), loosely covered, at room temperature.

Two cookies provide one adult with one daily serving of Fruit-Eze™ fruit blend (two tablespoons). You can adjust the amount of Fruit-Eze™ used in this recipe.

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