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Martha Stewart's Healthy Oatmeal Cookies ✦

These healthy oatmeal cookies are a delicious and nutritious treat. Made with wholesome ingredients like oats, nuts, and dried fruits, they are perfect for a quick breakfast or a snack on the go. The cookies are soft, chewy, and packed with flavor, making them a favorite among both kids and adults.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 12 mins

Total Time: 27 mins

Recipe Yield: 500 grams

Number of Servings: 20

Serving Size: 25 g

Ingredients

200 g	Rolled Oats
100 g	Whole Wheat Flour
50 g	Almond flour
1 tsp	baking powder

1 tsp	cinnamon
0.5 tsp	salt
100 g	Coconut oil
100 g	Honey
1 pieces	Egg
1 tsp	vanilla extract
100 g	dried cranberries
50 g	chopped walnuts

Directions

Step 1

Preheating

Preheat the oven to 350°F (175°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Mixing

In a large bowl, combine the rolled oats, whole wheat flour, almond flour, baking powder, cinnamon, and salt.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Mixing

In a separate bowl, whisk together the coconut oil, honey, egg, and vanilla extract.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Mixing

Pour the wet ingredients into the dry ingredients and mix until well combined.

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Mixing

Fold in the dried cranberries and chopped walnuts.

Prep Time: 2 mins

Cook Time: 0 mins

Step 6

Baking

Drop rounded tablespoons of dough onto a baking sheet lined with parchment paper.

Prep Time: 5 mins

Cook Time: 12 mins

Step 7

Baking

Bake for 10-12 minutes, or until the edges are golden brown.

Prep Time: 0 mins

Cook Time: 12 mins

Step 8

Cooling

Allow the cookies to cool on the baking sheet for 5 minutes, then transfer to a wire rack to cool completely.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 120 kcal

Fat: 6 g

Protein: 3 g

Carbohydrates: 15 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	3 g	17.65%	17.65%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	15 g	27.27%	30%
Fibers	2 g	5.26%	8%
Sugars	7 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Monounsaturated Fat	3 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	6 g	21.43%	24%
Cholesterol	10 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
Vitamin C	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	60 mg	2.61%	2.61%
Calcium	2 mg	0.2%	0.2%
Iron	4 mg	50%	22.22%
Potassium	90 mg	2.65%	3.46%
Zinc	2 mg	18.18%	25%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Selenium	2 mcg	3.64%	3.64%

Recipe Attributes

Events

Christmas Easter Valentine's Day Back to School Picnic

Cuisines

Thai Japanese Mediterranean American

Nutritional Content

Low Calorie High Protein Low Fat Low Carb High Fiber Low Sodium
Sugar-Free High Vitamin C High Iron

Kitchen Tools

Blender

Course

Desserts

Meal Type

Brunch Snack Supper

Difficulty Level

Medium

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