

Oatmeal Cookies

1-1/4 cups milk
1 cup oil, preferably canola
2 eggs or 4 egg whites
2 teaspoons vanilla
3/4 cup white sugar
1 cup packed brown sugar
4 cups uncooked oatmeal
2 teaspoons baking soda
2 teaspoons salt
2 teaspoons cinnamon
3 cups flour, half whole-wheat, half white, as desired
1 cup raisins

1. Preheat the oven to 350°F.
2. In a large bowl, mix together the milk, oil, sugar, oatmeal, eggs, and vanilla. Beat well.
3. Add the soda, salt, and cinnamon and mix well, then gently stir in the flour, then the raisins.
4. Drop by rounded tablespoons onto an ungreased baking sheet.
5. Bake for 15 to 18 minutes or until firm when lightly tapped with a finger.

Yield: 5 dozen cookies.

Per cookie: 110 calories, 16 gm carbohydrate, 2 gm protein, 4 gm fat

Source: *Nancy Clark's Sports Nutrition Guidebook, Third Edition*

Comments: I usually cut this recipe in half, and substitute chocolate chips for the raisins—we like the chocolate—and add 1/2 cup of chopped walnuts. This undoubtedly increases the calories, but perhaps not too much. I remember a very rainy day in 2003 when we were the only boat tied to a small Forest Service float in Hobart Bay on Entrance Island in Alaska, sitting out some nasty weather. Windy, with temps around 55°F and pouring rain, we felt secure tied to the float, and baking these chocolate chip oatmeal cookies was the perfect activity for the afternoon!

Comments from the original cookbook: *These cakey, low-fat cookies digest easily and are good for a pre-exercise snack or recovery food. The recipe makes about 5 dozen cookies—enough to feed the whole team! If you are cooking for yourself, you might want to cut the recipe in half.*