



The Average Rose

Healthy Honey Oatmeal Cookies

(approximately 12)

INGREDIENTS

- 1 1/4 cups softened unsalted butter
- 3/4 honey or maple syrup
- 1 organic large egg, room temperature
- 1 teaspoon vanilla extract
- 1/2 teaspoon baking soda
- 1/2 teaspoon baking powder
- 1/2 teaspoon fine grain sea salt
- 3 cups of old-fashioned rolled oats
 - 1 1/2 ground for 30 seconds in a food processor or blender
 - 1 1/2 not blended
- (optional) semi-sweet chocolate chips

INSTRUCTIONS

1. Preheat oven to 375°F.
2. Pour butter and honey/syrup into a mixing bowl, and beat until creamy. Then, add egg and beat it well with the mixture.
3. Add vanilla extract, baking soda, baking powder, salt, mix well, and add oats (and/or chocolate chips).
4. Use a big spoon to scoop the mixture onto the parchment paper.
5. BAKE! *8-9 minutes for a chewy cookie, 10-11 minutes for a crispy cookie*
6. Remove cookies from the oven, and let them cool completely.