

JULY 2019



IF:TABLE
RECIPE

OATMEAL
COOKIES

DIRECTIONS

Pre-heat your oven to 350 F (180 C)

In a large bowl mix all the ingredients.

Using a tablespoon measure scoop tablespoons of the cookie dough onto your lined cookie sheet.

Bake for about 15-20 minutes or until the cookies are golden brown and slightly risen.

Allow the cookies to cool before eating.

Enjoy with a cup of coffee!

INGREDIENTS

3 eggs

2 cups all-purpose flour

1/2 teaspoon baking soda

1 teaspoon Rexal Baking powder

1 cup coconut oil (or whatever oil you have)

1/2 cup sugar (1 cup if you want them sweeter)

1/2 cup almond milk

1 teaspoon vanilla

1 teaspoon cinnamon

2 cups rolled oats

You can add raisins, nuts, chocolate chips, coconut, etc. as you like for extra taste