

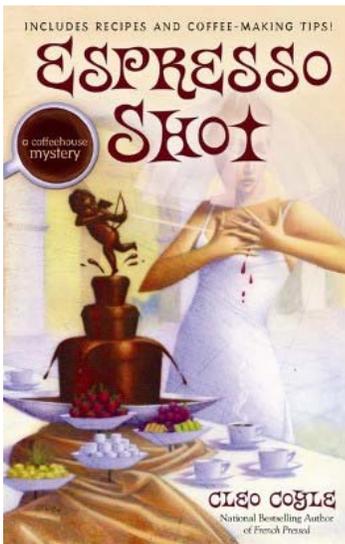
# Cleo Coyle's Coffee Break Oatmeal Cookies\*

\*With Optional Maple Glaze



“My version of this classic cookie recipe produces a soft little oat cake packed with raisins and walnuts. I use more fiber-rich (& heart healthy) oatmeal than traditional recipes; also less sugar, less white flour, and I cut the butter in half by using applesauce—which also brings a delicate apple flavor to the party. The optional maple glaze gives you versatility, too.”

—Cleo Coyle



## Espresso Shot (A Coffeehouse Mystery) by Cleo Coyle

Who doesn't love cookies? I certainly do, and I enjoy writing about them, too. On page 262 of *Espresso Shot*, coffeehouse manager Clare Cosi describes the deliciously decadent Italian cookies she plans to serve with some of the world's rarest coffees at her ex-husband's wedding. (And, yes, I include 2 of those Italian wedding cookie recipes at the back of my book.) But let's be real. On a daily basis, most of us are striving for healthy, low-cal options to fattening snacks. My oatmeal cookies fit the bill. Sure, you can find oatmeal cookie recipes everywhere—even on the underside of a Quaker Oats box lid. But *beware*: most traditional recipes are full of butter, sugar, and white flour. My recipe cuts the butter in

half. It also cuts down on the white flour, replacing it with more healthy, whole grain oats. So what's the big deal about whole grains? For one thing, fiber-rich whole grains take longer to break down in your body, which means your glucose levels will remain more constant instead of shooting up and crashing down (so you won't be craving another snack an hour later). There's less sugar in my recipe, too. But what I really love about these healthier cookies is their versatility. For friends or family who want more decadence in their cookies, just dress up some of them with my maple glaze. Now a single batch of cookies can satisfy the weight-watcher and the sweet-lover. For more recipe ideas, or to find out more about my Coffeehouse Mysteries, visit my Website: [www.CoffeehouseMystery.com](http://www.CoffeehouseMystery.com). Eat with joy!

# Cleo Coyle's Coffee Break Oatmeal Cookies

Recipe (c) 2008 by Alice Alfonsi who writes The Coffeehouse Mysteries as Cleo Coyle with her husband Marc Cerasini

**Servings:** 3 to 4 dozen, depending on cookie size

## Ingredients:

1-1/2 cup raisins (+ water to soak)  
3-1/2 cups Oats (I use Quaker old fashion)  
1/2 cup butter\*  
1/2 cup white sugar\*  
1/2 cup light brown sugar\*  
3/4 cup all-purpose white flour\*  
2 teaspoons baking powder  
1/2 teaspoon salt  
1-1/2 teaspoons cinnamon  
3 eggs (beaten with a fork)  
2 teaspoons vanilla extract  
1/3 cup applesauce (I use the no-sugar added kind)  
1 cup chopped walnuts

\*My recipe uses half the butter, sugar, and white flour of traditional recipes.



**(1) Soak your raisins:** Measure out your raisins, place them in a bowl and cover with plain water. Let them soak for 15 to 30 minutes then drain them. You'll now have a plumper, moister raisin for your cookie. (If you aren't worried about calories or sugar, then add 2 tablespoons of maple syrup to the water.)

**(2) Create your oat flour:** Measure out your oats, dump in a blender or food processor and process until the rough oats have the consistency of all-purpose flour. Set aside.

**(3) Melt butter and sugars:** Melt butter over low heat in a non-stick saucepan. Do not let brown or burn! Add white and light brown sugars, stirring frequently to keep mixture from burning. When ingredients are melted into a smooth liquid, remove from heat & let cool.

**(4) Marry dry and wet ingredients:** Measure out white flour, baking powder, salt, and cinnamon into a mixing bowl. Dump in oat flour you made in Step 1. Now mix together these dry ingredients with the butter and sugar mixture that you melted together. Add beaten eggs, applesauce, and vanilla and stir into a smooth batter. Don't over mix at this stage or your cookies will be tough. Finally, gently fold in drained raisins and walnuts.

**(5) (Chill) Drop onto pan & bake:** Prepare cookie sheet by spraying with non-stick spray (like Pam), or use parchment paper or silicon sheets to prevent sticking. Then drop cookie dough on pan by heaping teaspoons or tablespoons—size of cookie is up to you. NOTE: Chilling will firm up loose dough. I prefer to chill the dough for 30 minutes and firm it up a bit. If you make the cookies, right away, without chilling the dough, they will bake flatter, which you may prefer anyway! Experiment with what appeals to you. **Bake** at 350 degrees Fahrenheit for 12 to 15 minutes.

**(6) Optional Maple Glaze:** For a sweeter, more decadent cookie, frost some or all of your cooled, heart-healthy cookies with an easy maple glaze. See next page for recipe.



## Cleo Coyle's Maple Glaze

Recipe (c) 2008 by Alice Alfonsi who writes The Coffeehouse Mysteries as Cleo Coyle with her husband Marc Cerasini

### Uses:

This glaze is *delicious* on oatmeal cookies. It's also great on muffins and quick breads. Try it on banana, pumpkin, carrot, or spice varieties.

### Ingredients:

2 tablespoons water  
2 tablespoons maple syrup  
1-1/2 cups confectioners' (powdered) sugar  
2 tablespoons butter



**(1) Heat liquids:** In a non-stick saucepan, warm water and maple syrup over medium heat.

**(2) Melt sugar:** Add powdered sugar to the warm liquid. Using a rubber spatula, stir constantly as the sugar melts to create a smooth, loose glaze

**(3) Thicken with butter\*\*:** Add in the butter, continuing to stir until the butter is completely melted. As the butter melts, you'll see the glaze thicken. Remove from heat and work quickly with a pastry brush to glaze your cooled cookies or muffins.

**TIP: WORK QUICKLY!** The glaze will harden as it cools. If the glaze hardens up on you as you work, reheat again over medium heat, stirring until you regain a smooth consistency.

**\*\*NOTE:** If you think you can cut calories by omitting the butter in this recipe, think again. Without the butter, what you'll get is a sticky mess of clear syrup on your cookies and not true glaze that dries properly. Believe me, I've tried to reduce fat and calories by leaving out the butter, but it just does not work without it!

**A Note for Waistline Watchers:** My last batch of oatmeal cookies produced 43 cookies. Here's what the glaze added per cookie: about 1/8 teaspoon of butter per cookie (less than what you'd use on a slice of toast); a little less than 2 teaspoons of sugar per cookie (about as much as many people put in a single cup of coffee); and a trace amount of maple syrup. Not bad!

