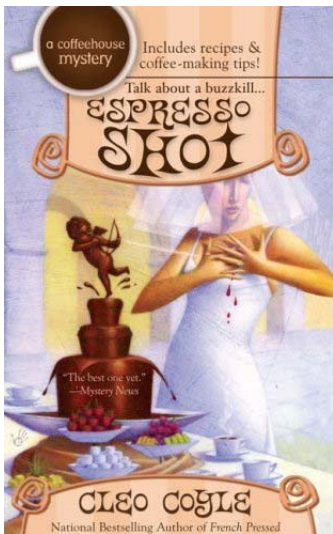


Cleo Coyle's Healthier Oatmeal Cookies

With Optional Maple Glaze

*A "good for you" cookie
that's still a good cookie*

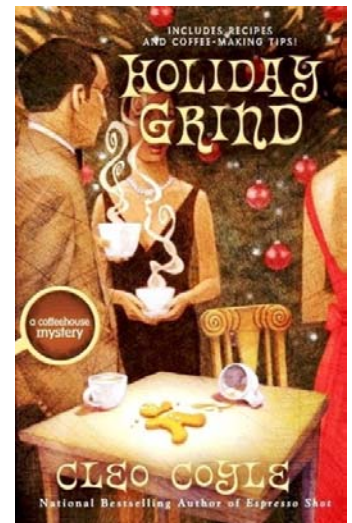
My version of this classic cookie recipe produces a soft little oat cake packed with raisins and walnuts. I use more fiber-rich (& heart healthy) oatmeal than traditional recipes; also less sugar, less white flour, and I cut the butter in half by using applesauce, which also adds a delicate apple flavor.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



Who doesn't love cookies? I certainly do, and so does my amateur sleuth, coffeehouse manager Clare Cosi. In **Espresso Shot**, Clare serves trays of decadent Italian cookies, along with some of the world's rarest coffees, at her ex-husband's wedding. (And, yes, I include two of those Italian wedding cookie recipes at the back of that book.) In the recipe section of **Holiday Grind**, you'll find many more cookie recipes courtesy of Clare and her baristas. But let's be real. With summer upon us, most of us are resolving to choose lower calorie options to fattening snacks. My "healthier" oatmeal cookie recipe attempts to do just that.

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 reduces the sugar and cuts the butter. 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). With a warm cuppa joe, one or two of these cookies are very filling, curbing the appetite between meals. But what I really love about this healthier cookie is its versatility. For friends or family who crave more decadence, 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.



*Eat with joy!
~ Cleo*

Cleo Coyle's Healthier* Oatmeal Cookies

Recipe text and photos copyright (c) 2010 by Alice Alfonsi who writes *The Coffeehouse Mysteries* as Cleo Coyle with her husband Marc Cerasini

Servings: 3 to 4 dozen, depending on size

Ingredients:

1-1/2 cup raisins (+ water to soak)
3-1/2 cups Oats (I use Quaker old fashioned)
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 & white flour and less sugar than 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. You'll now have a plumper, moister raisin for your cookie.

(2) Create your oat flour: Measure out oats, run through a blender or food processor until the rough oats have the consistency of all-purpose flour.

(3) Melt butter and sugars: In a saucepan, melt butter over low heat. 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 and allow to cool a bit.

(4) Marry dry and wet ingredients: Into a mixing bowl, measure out white flour, baking powder, salt, and cinnamon. Add oat flour that you made in Step 2. Add the butter & sugar mixture that you melted together in Step 3. Add beaten eggs, vanilla, and applesauce. Stir into a smooth batter. Finally, fold in your drained raisins and the chopped walnuts. Do not over mix, but make sure all of the dry ingredients are fully blended into the wet.

(5) Chill, drop & bake: Chill loose dough for 30 minutes to firm up. 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 on a lined or greased baking sheet, in an oven pre-heated to 350° Fahrenheit for 12 to 15 minutes. Cookies are done when tops have firmed up. If cookie is still wet and spongy when touched, keep baking.

(6) Optional Maple Glaze: For a dressy, slightly more decadent touch, frost some or all of your cooled little heart-healthy oat cakes with an easy maple glaze. See next page for recipe.



Cleo Coyle's Maple Glaze

Recipe text and photos copyright (c) 2010
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 spoon or pastry brush to glaze your cooled cookies or muffins.

CLEO'S 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 for an afternoon coffee break snack!

**For more recipe ideas, or to find out more about my
Coffeehouse Mysteries, visit my website:**

www.CoffeehouseMystery.com.

Eat with joy! ~ Cleo

