AMERICAN · DESSERT · SNACK

Healthy Oatmeal Raisin Cookies with Almond Flour

20 min · Serves 15 · 178 kcal a serve · Video 4:33 · Downshiftology

Vegetarian

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Oats and almond flour instead of white flour, with raisins for sweetness: about 6 g of added coconut sugar a cookie, and a source of vitamin E.

Diet notes: No dairy if you leave out the melted and cooled butter.

Ingredients 10 · SERVES 15

- [ ] 110 g **melted and cooled butter** (or ghee or coconut oil)
- [ ] 95 g **coconut sugar**
- [ ] 1 large **egg**
- [ ] 2 tsp **vanilla extract**
- [ ] 140 g **gluten-free rolled oats**
- [ ] 100 g **almond flour**
- [ ] 1 tsp **ground cinnamon**
- [ ] 1 tsp **baking soda**
- [ ] ½ tsp **kosher salt**
- [ ] 110 g **raisins**

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Gluten, Egg, Milk, Tree nuts, Sulphites. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Heat the oven to 175 °C and line a baking sheet with baking paper. 1:34
2. Whisk the melted butter, coconut sugar, egg and vanilla in a large bowl until smooth. 0:22
3. In another bowl whisk the oats, almond flour, cinnamon, baking soda and salt. Stir them into the wet mixture until there are no dry lumps, then fold in the raisins. 0:44
4. Scoop about 1½ tbsp of dough per cookie onto the sheet (about 15) and flatten each one with your fingers, as they won't spread much. 1:36
5. Bake for 9–10 minutes, until lightly golden. Cool on the sheet for 5–10 minutes before moving. 2:27

> **Tip** Makes 15. Swap the raisins for other dried fruit or chocolate chips. Rest the dough 30–60 minutes for chewier cookies. Keeps a week in an airtight container, or freeze for up to 3 months.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 15 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
178 kcal	3.3 g	19 g	2.1 g	10 g	140 mg
740 kJ	7% of a day	17 g net · 10 g sugars	7% of a day	4.3 g saturated	6% of a day
		7% of a day		13% of a day	

Energy from net carbs 40% · protein 8% · fat 52%

Source of (10–19%) Vitamin E 13%

Recipe and video: Downshiftology (@Downshiftology) on YouTube — youtube.com/watch?v=eG0nCX1coFU, published 9 October 2025. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/healthy-oatmeal-raisin-cookies