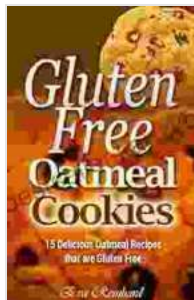


Gluten Free Oatmeal Cookies: A Sweet Treat for All to Enjoy



Gluten Free Oatmeal Cookies: 15 Delicious Oatmeal Recipes that are Gluten Free (Desserts, Baking, Chocolate, Biscuits, Snacks) by D C Robinson

★★★★★ 5 out of 5

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A Journey Through the History of Oatmeal Cookies



The humble oatmeal cookie, a beloved treat that has graced kitchens and hearts for centuries, is a testament to the enduring power of culinary traditions. Its origins can be traced back to the 17th century, when oats, a hearty and versatile grain, were a staple in European households.

Initially, oatmeal cookies were simple concoctions made from a combination of oats, flour, butter, and spices. As time progressed,

variations emerged, incorporating additional ingredients such as nuts, raisins, and chocolate chips, transforming the oatmeal cookie into the beloved delicacy we know today.

A Gluten-Free Twist on a Classic



For individuals with gluten sensitivities or celiac disease, the traditional oatmeal cookie presented a bittersweet challenge. Gluten, a protein found

in wheat, rye, and barley, can trigger uncomfortable and even harmful reactions in those who are intolerant.

However, the spirit of culinary innovation has prevailed, giving rise to a plethora of gluten-free alternatives that cater to the needs of these individuals. Gluten-free oatmeal cookies, crafted with alternative flours such as almond flour, coconut flour, or oat flour, offer a tantalizing solution, providing the same irresistible taste and texture without the gluten.

Benefits of Gluten-Free Oatmeal Cookies

- **Dietary Inclusivity:** Gluten-free oatmeal cookies allow individuals with gluten sensitivities and celiac disease to enjoy the sweet pleasures of traditional oatmeal cookies without compromising their health.
- **Rich in Fiber:** Oats, the primary ingredient in oatmeal cookies, are an excellent source of dietary fiber, which promotes digestive health, regulates blood sugar levels, and supports weight management.
- **Heart-Healthy:** The soluble fiber in oats has been shown to lower cholesterol levels, reducing the risk of heart disease.
- **Plant-Based:** Many gluten-free oatmeal cookie recipes are plant-based, making them suitable for vegans and vegetarians.

A Treasury of Gluten-Free Oatmeal Cookie Recipes

Classic Gluten-Free Oatmeal Cookies

Ingredients:

- 1 cup (120g) gluten-free rolled oats
- 1 cup (120g) gluten-free all-purpose flour

- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1/2 cup (113g) unsalted vegan butter, softened
- 1/2 cup (100g) granulated sugar
- 1/4 cup (60ml) maple syrup
- 1 large egg, flax egg, or 1/4 cup (60ml) yogurt
- 1 teaspoon vanilla extract
- 1/2 cup (60g) dried cranberries or raisins (optional)

Instructions:

1. Preheat oven to 375°F (190°C).
2. Line a baking sheet with parchment paper.
3. In a medium bowl, whisk together the oats, flour, baking soda, and salt.
4. In a separate bowl, beat together the butter and sugar until light and fluffy.
5. Beat in the maple syrup, egg, and vanilla extract.
6. Gradually add the dry ingredients to the wet ingredients, mixing until just combined.
7. Fold in the cranberries or raisins (if using).
8. Drop the dough by rounded tablespoons onto the prepared baking sheet, spacing them about 2 inches apart.

9. Bake for 10-12 minutes, or until the edges are golden brown and the centers are set.
10. Let cool on the baking sheet for a few minutes before transferring to a wire rack to cool completely.

Chocolate Chip Gluten-Free Oatmeal Cookies

Ingredients:

- 1 cup (120g) gluten-free rolled oats
- 1 cup (120g) gluten-free all-purpose flour
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1/2 cup (113g) unsalted vegan butter, softened
- 1/2 cup (100g) granulated sugar
- 1/4 cup (60ml) maple syrup
- 1 large egg, flax egg, or 1/4 cup (60ml) yogurt
- 1 teaspoon vanilla extract
- 1/2 cup (60g) dairy-free chocolate chips

Instructions:

1. Preheat oven to 375°F (190°C).
2. Line a baking sheet with parchment paper.
3. In a medium bowl, whisk together the oats, flour, baking soda, and salt.

4. In a separate bowl, beat together the butter and sugar until light and fluffy.
5. Beat in the maple syrup, egg, and vanilla extract.
6. Gradually add the dry ingredients to the wet ingredients, mixing until just combined.
7. Fold in the chocolate chips.
8. Drop the dough by rounded tablespoons onto the prepared baking sheet, spacing them about 2 inches apart.
9. Bake for 10-12 minutes, or until the edges are golden brown and the centers are set.
10. Let cool on the baking sheet for a few minutes before transferring to a wire rack to cool completely.

Peanut Butter Gluten-Free Oatmeal Cookies

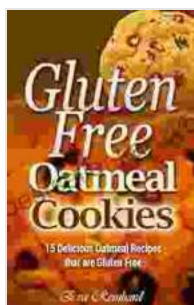
Ingredients:

- 1 cup (120g) gluten-free rolled oats
- 1 cup (120g) gluten-free all-purpose flour
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1/2 cup (113g) unsalted vegan butter, softened
- 1/2 cup (100g) granulated sugar
- 1/4 cup (60ml) maple syrup

- 1 large egg, flax egg, or 1/4 cup (60ml) yogurt
- 1 teaspoon vanilla extract
- 1/2 cup (120g) creamy peanut butter

Instructions:

1. Preheat oven to 375°F (190°C).
2. Line a baking sheet with parchment paper.
- 3.

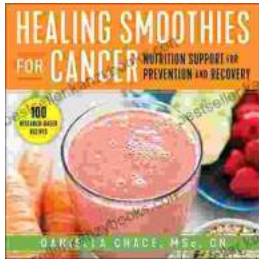


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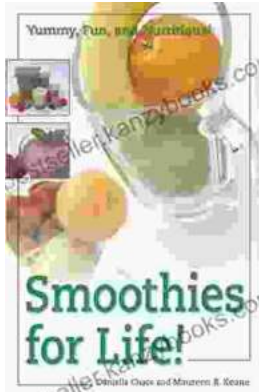
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