

Healthy Honey Oatmeal Cookies

Ingredients:

3 Tbsp. butter, room temperature
½ c. brown sugar
¼ c. honey
1 egg
1 Tbsp. water
½ c. whole wheat flour (all-purpose is fine also)
½ tsp. salt
¼ tsp. baking soda
1½ c. rolled oats (aka oatmeal)
chocolate chips (optional) or chopped nuts, raisins, dried cranberries, etc. (optional)

Directions:

1. Preheat oven to 350°F. Spray a cookie sheet with nonstick cooking spray
2. Using a mixer with the paddle attachment, mix together the butter, brown sugar, honey, egg and water thoroughly.
3. In a separate bowl, sift together the dry ingredients. Stir in the oats.
4. Add the dry ingredients to the wet and mix. Add any additional ingredients you've chosen.
5. Drop by heaping teaspoonful's onto the cookie sheet. Bake 12 to 15 minutes. Cool on a wire rack.