

A CenFully Good Recipe from



Spicy Oatmeal Cookies

Ingredients

1 cup butter, softened
1 ½ cup Agave Nectar
2 eggs
1 teaspoon vanilla extract
1 1/2 cups Buckwheat Flour
1 teaspoon baking soda
1 teaspoon ground cinnamon
1/2 teaspoon ground cloves
1/2 teaspoon salt
3 cups rolled oats
1 cup raisins

Preparation

1. Preheat oven to 350 degrees F (175 degrees C).
2. In a large bowl, cream together the butter, agave nectar, eggs, and vanilla until smooth. Combine the flour, baking soda, cinnamon, cloves, and salt; stir into the agave mixture. Stir in the oats and raisins. Drop by rounded teaspoonfuls onto ungreased cookie sheets.
3. Bake 10 to 12 minutes until light and golden. Do not overbake. Let them cool for 2 minutes before removing from cookie sheets to cool completely. Store in airtight container.

Glycemic Index: low
Glycemic Load: low