



## Dad's Oatmeal Cookies

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Recipe Source: [www.allrecipes.com](http://www.allrecipes.com)

### Ingredients:

1 ½ cup whole wheat flour  
¼ cup all-purpose flour  
1 tsp baking soda  
½ tsp salt  
½ cup white sugar  
¾ cup brown sugar  
2 cups old-fashioned rolled oats  
½ cup unsweetened flake coconut  
¾ cup canola oil  
2 eggs  
1 tsp vanilla extract

### Steps:

- Preheat oven to 350°.
- In a large bowl, stir together the flour, baking soda, salt, white sugar, brown sugar, oats, and coconut. Set aside.
- In a small mixing bowl, whisk together the oil, eggs, and vanilla. Add all at once to dry ingredients and stir well to combine.
- Using 1 Tablespoon of dough per cookie, roll dough into balls and place 1-2 inches apart on a cookie sheet.
- Bake 8 minutes in the preheated oven, until just barely brown. Cool for 2 minutes on cookie sheet before removing to wire racks to cool completely.

*Tips from the Test Kitchen: For mini cookies, use 1 teaspoon of dough and bake for only 6 minutes.*

**Nutritional Facts (per serving):** Calories: 168, Carbohydrates: 22 grams, Protein: 2 grams, Total Fat: 8 grams, Saturated Fat: 1 gram, Cholesterol: 15 mg, Sodium: 109 mg, Fiber: 2 grams, Total Sugars: 11 grams.