

Are you searching for something sugar-free to bake? Well search no more. This is my absolute favorite homemade cookie in the whole world! When I make a batch, I have to hide them, give part of them away, and basically lock them in the cabinet.

Sugar Free Oatmeal Cookies (Diabetic)

- 1/2 cup shortening
- 1 egg
- 1 cup flour
- Dash of salt
- 1/2 tsp. soda
- 1 tsp. cinnamon
- 1 cup quick cooking oats
- 4 tsp. Equal or fructose to sweeten
- 1 tsp. vanilla
- 1/4 cup raisins (optional)



In a large mixing bowl, combine together all of the ingredients until thoroughly blended. Drop dough by spoonfuls onto cookie sheet. Bake at 375° for 8 to 10 minutes. Store sugar free cookies in an airtight container.

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Diabetics need to be reminded that there are many forms of sweeteners in addition to sugar and sugar substitutes. I often substitute using fruit juices (both frozen and regular), honey, and molasses. These can be used also for substitutions, but it is important to follow the dietary guidelines suggested by the American Diabetes Association.

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