



Whole Wheat Oat and Ginger Cookies



Whole Wheat Oat and Ginger Cookies

Introduction

Indulge in the wholesome goodness of Whole Wheat Oat and Ginger Cookies, a delightful treat that perfectly balances nutrition and flavor. These cookies combine the hearty texture of whole wheat flour, the chewy goodness of oats, and the warm, spicy notes of ginger, resulting in a snack that's both satisfying and healthy. Ideal for a quick bite or as a sweet addition to your afternoon tea, this recipe is a must-try for cookie enthusiasts.

Ingredients

Whole Wheat Flour: 1 cup
Rolled Oats: 1 cup
Ground Ginger: 1 tablespoon
Baking Powder: 1 teaspoon
Baking Soda: 1/2 teaspoon
Salt: 1/4 teaspoon
Brown Sugar: 1/2 cup
Butter, softened: 1/2 cup
Egg: 1
Vanilla Extract: 1 teaspoon

Prep Time

15 minutes

Cook Time

12-15 minutes

Total Time

30 minutes

Yield

Approximately 24 cookies



www.savorydiscovery.com

Whole Wheat Oat and Ginger Cookies

Detailed Directions and Instructions

Preheat the Oven

Preheat your oven to 180°C (350°F) to ensure it's ready for baking.

Prepare the Baking Sheet

Line a baking sheet with parchment paper to prevent the cookies from sticking.

Mix Dry Ingredients

In a bowl, combine whole wheat flour, oats, baking soda, and ground ginger. Whisk them together until well combined.

Cream Butter and Sugars

In a separate mixing bowl, cream together softened butter, brown sugar, and granulated sugar until light and fluffy.

Add Egg and Vanilla

Beat in the egg and vanilla extract to the butter-sugar mixture until combined.

Combine Wet and Dry Mixtures

Gradually add the dry ingredient mixture to the wet ingredients, mixing until just combined.

Fold in Chopped Ginger

Gently fold in the chopped ginger, ensuring it is evenly distributed

throughout the dough.

See also Chocolate Chip Peanut Butter Cookies

Scoop the Cookies

Using a cookie scoop or tablespoon, drop rounded portions of dough onto the prepared baking sheet, leaving space between each cookie.

Bake the Cookies

Place the baking sheet in the preheated oven and bake for about 10-12 minutes, or until the edges are golden brown.

Cool the Cookies

Remove the baking sheet from the oven and allow the cookies to cool on the sheet for a few minutes before transferring them to a wire rack to cool completely.

Notes

Adjusting Spice Levels

Feel free to adjust the amount of ground ginger according to your taste preference.

Storing Cookies

Store the cookies in an airtight container at room temperature for up to a week.

Freezing Option

You can freeze the cookie dough for up to three months. Just scoop the dough onto a sheet, freeze until solid, then transfer to a zip-top bag.



www.savorydiscovery.com

Whole Wheat Oat and Ginger Cookies

Cook techniques

Whisking Properly

When whisking the dry ingredients, make sure to combine them thoroughly to ensure an even distribution of flavors and textures in the cookies.

Measuring Accurately

Use a kitchen scale or measuring cups to ensure precision in your ingredient measurements, which is crucial for the right cookie consistency.

Chilling the Dough

Chill the cookie dough for at least 30 minutes before baking. This helps the cookies hold their shape and enhances the flavor.

Baking at the Right Temperature

Preheat your oven to the recommended temperature to ensure even baking. Always use an oven thermometer to verify the actual temperature.

Using Parchment Paper

Line your baking sheets with parchment paper to prevent sticking and make for easy cleanup after baking.

See also Michael Symon's Arancini

Storing the Cookies

Once cooled, store the cookies in an airtight container to keep them fresh for longer. You can also freeze them for extended storage.

FAQ

Can I substitute all-purpose flour for whole wheat flour?

Yes, you can substitute all-purpose flour for whole wheat flour, but the texture and flavor may change slightly.

How do I know when the cookies are done baking?

Cookies are typically done when the edges are lightly golden and the center looks slightly underbaked.

Can I add nuts or chocolate chips to the recipe?

Absolutely! Feel free to mix in your favorite nuts or chocolate chips to customize the cookies to your liking.

How long can I store these cookies?

Stored in an airtight container, these cookies can last up to a week at room temperature and longer if frozen.

What can I use as a substitute for ginger?

If you don't have ginger, you can use ground cinnamon or nutmeg as a substitute for a different flavor profile.



Whole Wheat Oat and Ginger Cookies

Conclusion

The Whole Wheat Oat and Ginger Cookies are a delightful treat that not only satisfies your sweet cravings but also incorporates wholesome ingredients. The combination of whole wheat and oats provides a nutritious base, while ginger adds a unique flavor profile that is both comforting and invigorating. These cookies are perfect for snacking, sharing, or enjoying with a cup of tea. Embracing healthy baking has never been so enjoyable!

More recipes suggestions and combination

Choco Chip Oatmeal Cookies

For a delightful twist, try adding dark chocolate chips to your oatmeal cookies. The rich flavor of chocolate complements the nuttiness of the oats perfectly.

See also Caramel Pecan Carrot Cake

Cranberry Almond Biscotti

Combine dried cranberries and chopped almonds with the base of these cookies for a crunchy, chewy texture that's perfect for dipping in coffee.

Peanut Butter Oat Cookies

Incorporate creamy or chunky peanut butter into your cookie batter for a rich, nutty flavor that pairs wonderfully with oats.

Spiced Pumpkin Oat Cookies

Add pumpkin purée and warm spices like cinnamon and nutmeg to your

cookie mixture for a seasonal treat rich in flavor and moisture.

Maple Pecan Oat Cookies

Replace some of the sugar with pure maple syrup and toss in chopped pecans for a deliciously sweet and nutty variation.



Whole Wheat Oat and Ginger Cookies