



Oatmeal Cookies Without sugar!

1 ½ - 2 Cups rolled oats ½ Cup flour
½ Cup pineapple frozen conc 1/3 Cup apple juice
1 ½ tsp Baking soda 1 ½ tsp Cinnamon
1 tsp Allspice ½ tsp Salt
Raisins

Can add ¼ Cup milk (will spread more) or 1/3 Cup oil (chewier).

Bake 8-10 minutes at 350°.

Meredith Curtis

Mom became diabetic when I was in high school, so we were always looking for non-sugar recipes after that. This recipe tasted delicious, however fruit juice has a TON of natural sugar. So much for a diabetic recipe.