



Agave Honey Oatmeal Cookies



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



143 kcal

DESSERT

Ingredients

- ☐ 3 tablespoons agave nectar
- ☐ 0.1 teaspoon baking soda & baking powder
- ☐ 0.3 teaspoon cinnamon
- ☐ 2 tablespoons eggs lightly beaten (approx)
- ☐ 1 tablespoon honey
- ☐ 0.8 cups old fashioned oats
- ☐ 0.3 cup raisins
- ☐ 0.3 scant teaspoon salt

- ☐ 1 teaspoon vanilla
- ☐ 2 tablespoons vegetable oil
- ☐ 1 tablespoon wheat germ toasted
- ☐ 2 oz pastry flour whole wheat

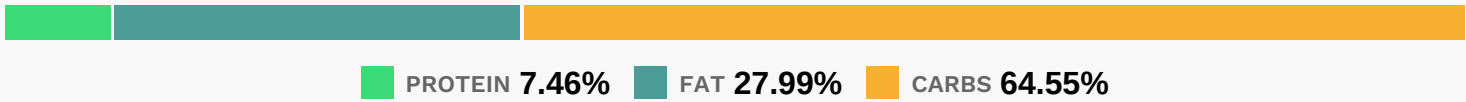
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat the oven to 375 degrees F.
- ☐ Mix egg, agave, honey, oil and vanilla together in a bowl. Stir very well.
- ☐ Combine flour, wheat germ, baking powder, baking soda, salt and cinnamon in a bowl. Stir very well, then add to agave mixture and stir until blended. Stir in the oats and raisins.
- ☐ Let batter sit for about 5 minutes.Using a tablespoon measure, scoop up dough and arrange on parchment lined cookie sheets spacing 2 inches apart.
- ☐ Bake one sheet at a time for about 10–11 minutes.
- ☐ Let cool completely.

Nutrition Facts



Properties

Glycemic Index:21.38, Glycemic Load:6.33, Inflammation Score:-1, Nutrition Score:5.3782608029635%

Nutrients (% of daily need)

Calories: 142.59kcal (7.13%), Fat: 4.56g (7.02%), Saturated Fat: 0.77g (4.82%), Carbohydrates: 23.66g (7.89%), Net Carbohydrates: 21.58g (7.85%), Sugar: 7.69g (8.55%), Cholesterol: 13.75mg (4.58%), Sodium: 25.19mg (1.1%), Alcohol: 0.17g (100%), Alcohol %: 0.55% (100%), Protein: 2.73g (5.47%), Manganese: 0.69mg (34.37%), Selenium: 8.45µg (12.07%), Fiber: 2.08g (8.33%), Vitamin K: 8.34µg (7.94%), Phosphorus: 74.36mg (7.44%), Vitamin B1: 0.1mg (6.76%), Magnesium: 24.33mg (6.08%), Iron: 0.87mg (4.82%), Copper: 0.09mg (4.37%), Vitamin B6: 0.08mg

(4.12%), Vitamin B2: 0.07mg (4.08%), Zinc: 0.61mg (4.08%), Potassium: 117.01mg (3.34%), Vitamin E: 0.48mg (3.19%), Vitamin B3: 0.61mg (3.07%), Folate: 11.82µg (2.96%), Vitamin B5: 0.2mg (2.05%), Vitamin C: 1.68mg (2.04%), Calcium: 11.31mg (1.13%)