



Chewy Cereal Cookies



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



48

CALORIES



33 kcal

DESSERT

Ingredients

- ☐ 1 cup coconut or flaked
- ☐ 2 cups high protein rice and wheat cereal crisp
- ☐ 2 egg whites
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup sugar white

Equipment

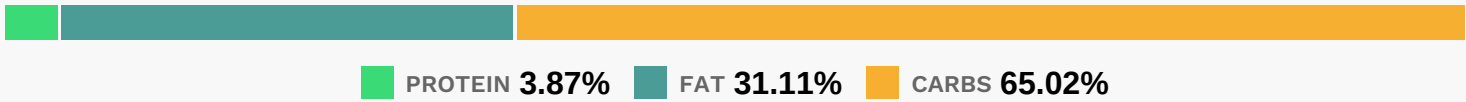
- ☐ bowl
- ☐ baking sheet

- ☐ baking paper
- ☐ oven

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease cookie sheets or line with parchment paper.
- ☐ In a clean and dry glass or metal bowl, beat egg whites until soft peaks form. Gradually add sugar while continuing to whip until stiff peaks form. Fold in cereal, coconut and vanilla. Drop by heaping spoonfuls onto the prepared cookie sheets.
- ☐ Bake for 15 to 20 minutes in the preheated oven, until firm. Allow to cool completely before removing from cookie sheets.

Nutrition Facts



Properties

Glycemic Index:1.46, Glycemic Load:2.91, Inflammation Score:-1, Nutrition Score:1.0078260809507%

Nutrients (% of daily need)

Calories: 32.84kcal (1.64%), Fat: 1.18g (1.81%), Saturated Fat: 1.02g (6.37%), Carbohydrates: 5.55g (1.85%), Net Carbohydrates: 5.23g (1.9%), Sugar: 4.4g (4.89%), Cholesterol: 0mg (0%), Sodium: 11.88mg (0.52%), Alcohol: 0.03g (100%), Alcohol %: 0.43% (100%), Protein: 0.33g (0.66%), Manganese: 0.09mg (4.47%), Iron: 0.44mg (2.43%), Folate: 8.55µg (2.14%), Vitamin B2: 0.03mg (1.54%), Vitamin B6: 0.03mg (1.31%), Zinc: 0.19mg (1.29%), Fiber: 0.31g (1.24%), Selenium: 0.82µg (1.18%), Vitamin B1: 0.02mg (1.12%), Vitamin B3: 0.22mg (1.1%), Vitamin B12: 0.06µg (1.07%)