



Craisy Oatmeal Cookies

 Vegetarian

READY IN



90 min.

SERVINGS



25

CALORIES



195 kcal

DESSERT

Ingredients

- 1 teaspoon double-acting baking powder
- 1 teaspoon baking soda
- 1 teaspoon cinnamon
- 1.3 cups brown sugar dark
- 0.8 cup cranberries dried
- 2 eggs
- 2 cups flour all-purpose
- 0.5 teaspoon rosemary fresh finely chopped

- 1 tablespoon honey
- 2 cups oats quick
- 0.5 teaspoon salt
- 0.5 cup coconut flakes sweetened
- 1 cup butter unsalted at room temperature (2 sticks)
- 1 teaspoon vanilla extract

Equipment

- bowl
- frying pan
- baking sheet
- oven
- wire rack
- blender

Directions

- Preheat oven to 350 degrees F.
- In a medium bowl, sift together flour, soda, powder, cinnamon and salt. Set aside.
- In a large bowl, cream butter and sugar with a mixer.
- Mix in honey and vanilla until fluffy.
- Add eggs one at a time, until fully incorporated.
- Mix in coconut, dried cranberries, oats and rosemary. Fold dry ingredients into butter mixture. Form into balls, approximately 2 tablespoons.
- Place 2 inches apart on parchment lined cookie sheets.
- Bake until cookies turn golden, 13 to 15 minutes.
- Remove from oven to cooling rack.
- Let sit 5 minutes in the pan before transferring to a rack to cool completely.

Nutrition Facts



■ PROTEIN 5.06% ■ FAT 39.56% ■ CARBS 55.38%

Properties

Glycemic Index:11.57, Glycemic Load:8.4, Inflammation Score:-3, Nutrition Score:4.212608675108%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 194.65kcal (9.73%), Fat: 8.76g (13.48%), Saturated Fat: 5.31g (33.21%), Carbohydrates: 27.59g (9.2%), Net Carbohydrates: 26.3g (9.56%), Sugar: 14.78g (16.43%), Cholesterol: 32.62mg (10.87%), Sodium: 121.8mg (5.3%), Alcohol: 0.05g (100%), Alcohol %: 0.15% (100%), Protein: 2.52g (5.04%), Manganese: 0.4mg (19.83%), Selenium: 7.2µg (10.29%), Vitamin B1: 0.12mg (7.74%), Folate: 22.49µg (5.62%), Magnesium: 22.45mg (5.61%), Phosphorus: 55.69mg (5.57%), Iron: 0.97mg (5.42%), Fiber: 1.29g (5.14%), Vitamin A: 246.21IU (4.92%), Vitamin B2: 0.08mg (4.6%), Vitamin B3: 0.7mg (3.48%), Calcium: 28.65mg (2.86%), Copper: 0.06mg (2.78%), Vitamin E: 0.38mg (2.51%), Zinc: 0.35mg (2.36%), Potassium: 64.58mg (1.85%), Vitamin B5: 0.18mg (1.8%), Vitamin D: 0.21µg (1.38%), Vitamin B6: 0.02mg (1.2%), Vitamin K: 1.19µg (1.13%)