



Cranberry Granola Gluten-Free Cookies



Vegetarian



Vegan



Dairy Free

READY IN



30 min.

SERVINGS



24

CALORIES



203 kcal

DESSERT

Ingredients

- ☐ 1 cup cranberries dried
- ☐ 12 oz cranapple crunch granola enjoy life®
- ☐ 0.8 cup brown sugar light packed
- ☐ 1.5 cups rice flour white
- ☐ 0.8 cup sugar
- ☐ 0.5 cup tapioca flour/starch
- ☐ 1.3 cup apple sauce unsweetened
- ☐ 1 teaspoon vanilla gluten free ()

- ☐ 0.3 cup vegetable oil
- ☐ 0.3 teaspoon xanthan gum

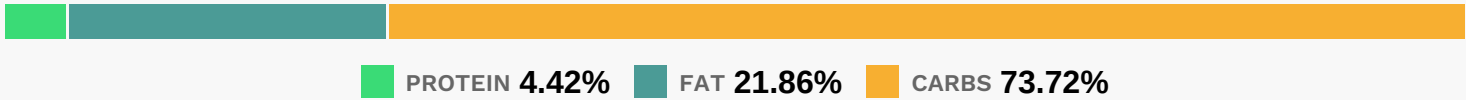
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Combine the first 5 ingredients (unsweetened applesauce thru vegetable oil) and set aside.In a separate bowl, combine the remaining ingredients, with the exception of the cranberries.
- ☐ Add the applesauce mixture to the granola mixture until combined. Then stir in the cranberries.Drop cookies onto a baking sheet with a tablespoon.
- ☐ Bake at 375° F for 6–8 minutes or slightly firm and lightly browned around the edges.
- ☐ Let cookies cool on the baking sheet for a couple minutes for easier removal.
- ☐ Remove and cool completely. Then enjoy!Store cooled cookies in a sealed container in the refrigerator.

Nutrition Facts



Properties

Glycemic Index:5.75, Glycemic Load:9.65, Inflammation Score:-1, Nutrition Score:3.831304339935%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epicatechin: 0.69mg, Epicatechin: 0.69mg, Epicatechin: 0.69mg, Epicatechin: 0.69mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 202.86kcal (10.14%), Fat: 5.05g (7.78%), Saturated Fat: 0.71g (4.41%), Carbohydrates: 38.35g (12.78%), Net Carbohydrates: 36.94g (13.43%), Sugar: 20.69g (22.99%), Cholesterol: 0mg (0%), Sodium: 8.09mg (0.35%), Alcohol: 0.06g (100%), Alcohol %: 0.12% (100%), Protein: 2.3g (4.6%), Manganese: 0.52mg (26.07%), Selenium: 4.15µg (5.93%), Vitamin E: 0.87mg (5.79%), Fiber: 1.41g (5.63%), Phosphorus: 53.21mg (5.32%), Vitamin K: 5.25µg (5%), Magnesium: 17.62mg (4.41%), Iron: 0.78mg (4.35%), Vitamin B1: 0.06mg (4.11%), Vitamin B6: 0.07mg (3.44%), Copper: 0.06mg (3.23%), Zinc: 0.38mg (2.5%), Potassium: 84.59mg (2.42%), Vitamin B3: 0.44mg (2.2%), Vitamin B2: 0.03mg (2.01%), Calcium: 19.94mg (1.99%), Vitamin B5: 0.19mg (1.88%), Folate: 5.67µg (1.42%)