



Crispy Oatmeal Cookie Bark

 Dairy Free

READY IN



60 min.

SERVINGS



24

CALORIES



121 kcal

DESSERT

Ingredients

- 0.8 cup butter melted
- 0.5 cup brown sugar packed
- 0.5 cup granulated sugar
- 1 teaspoon vanilla
- 1.3 cups flour all-purpose
- 0.5 teaspoon baking soda
- 0.5 teaspoon salt
- 0.8 cup oats

- 0.8 cup rice cereal crisp
- 1 serving semi chocolate chips melted

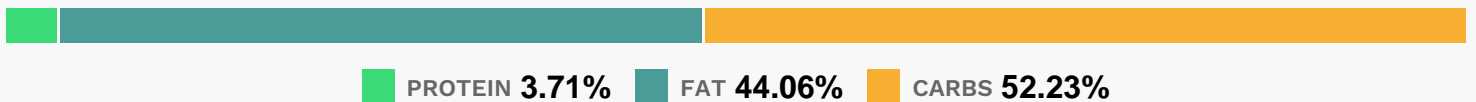
Equipment

- bowl
- baking sheet
- baking paper
- oven
- wire rack

Directions

- Heat oven to 350°F. Line cookie sheet with cooking parchment paper.
- In large bowl, mix butter, brown sugar, granulated sugar and vanilla. Stir in flour, baking soda and salt. Gently stir in oats and cereal. On cookie sheet, press dough into 12x10-inch rectangle, about 1/4 inch thick. (Dough will be crumbly at first.)
- Bake 20 minutes or until firm and golden brown. Cool 10 minutes; remove to cooling rack with parchment paper still attached. Cool completely, about 20 minutes. Break cookie into irregular pieces. Dip in melted chocolate.

Nutrition Facts



Properties

Glycemic Index:8.75, Glycemic Load:7.47, Inflammation Score:-2, Nutrition Score:1.9700000164625%

Nutrients (% of daily need)

Calories: 120.52kcal (6.03%), Fat: 5.98g (9.2%), Saturated Fat: 1.23g (7.71%), Carbohydrates: 15.96g (5.32%), Net Carbohydrates: 15.54g (5.65%), Sugar: 8.69g (9.66%), Cholesterol: 0mg (0%), Sodium: 139.72mg (6.07%), Alcohol: 0.06g (100%), Alcohol %: 0.28% (100%), Protein: 1.13g (2.27%), Manganese: 0.16mg (7.88%), Vitamin A: 253.76IU (5.08%), Selenium: 3.21µg (4.59%), Vitamin B1: 0.07mg (4.54%), Folate: 13.74µg (3.43%), Iron: 0.47mg (2.63%), Vitamin B2: 0.04mg (2.37%), Magnesium: 9.17mg (2.29%), Vitamin B3: 0.43mg (2.17%), Phosphorus: 21.26mg (2.13%), Fiber: 0.43g (1.7%), Vitamin E: 0.24mg (1.62%), Copper: 0.02mg (1.16%)