



Crispy Oatmeal Cookie Bark

 Dairy Free

READY IN



60 min.

SERVINGS



24

CALORIES



126 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon baking soda
- ☐ 0.5 cup brown sugar packed
- ☐ 0.8 cup butter melted
- ☐ 0.8 cup rice cereal crisp
- ☐ 1.3 cups flour all-purpose
- ☐ 0.5 cup granulated sugar
- ☐ 0.8 cup oats
- ☐ 0.5 teaspoon salt

- ☐ 24 servings semi chocolate chips melted
- ☐ 1 teaspoon vanilla

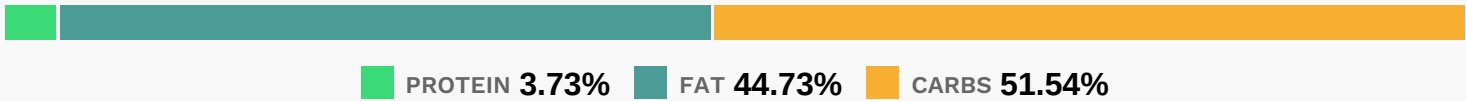
Equipment

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

Directions

- ☐ Heat oven to 350F. 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:-3, Nutrition Score:2.1134782739632%

Nutrients (% of daily need)

Calories: 126.06kcal (6.3%), Fat: 6.35g (9.77%), Saturated Fat: 1.45g (9.03%), Carbohydrates: 16.46g (5.49%), Net Carbohydrates: 15.96g (5.8%), Sugar: 9.05g (10.05%), Cholesterol: 0.06mg (0.02%), Sodium: 139.82mg (6.08%), Alcohol: 0.06g (100%), Alcohol %: 0.27% (100%), Protein: 1.19g (2.38%), Manganese: 0.17mg (8.51%), Vitamin A: 254.24IU (5.08%), Selenium: 3.29µg (4.71%), Vitamin B1: 0.07mg (4.56%), Folate: 13.74µg (3.43%), Iron: 0.53mg (2.97%), Magnesium: 10.86mg (2.71%), Vitamin B2: 0.04mg (2.4%), Phosphorus: 23.75mg (2.37%), Vitamin B3: 0.44mg (2.21%), Fiber: 0.5g (2.01%), Copper: 0.04mg (1.76%), Vitamin E: 0.25mg (1.65%), Zinc: 0.16mg (1.08%)