



Crunchy Raisin Bran Cookies

 Vegetarian

READY IN



22 min.

SERVINGS



24

CALORIES



146 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 0.8 cup firmly brown sugar packed
- ☐ 0.8 cup coconut — original version used more flaked
- ☐ 1 large eggs
- ☐ 0.5 cup whatever fruit you have around dark dried
- ☐ 0.5 cup granulated sugar
- ☐ 0.5 cup oats

- ☐ 1 cup raisin bran cereal
- ☐ 0.5 teaspoon salt
- ☐ 4 oz butter unsalted room temperature
- ☐ 1.5 teaspoon vanilla
- ☐ 0.5 cup walnuts toasted chopped
- ☐ 5.6 oz flour whole white all-purpose

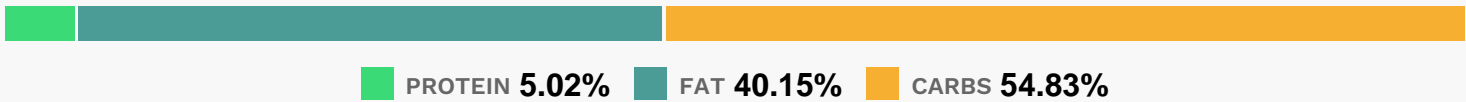
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ mixing bowl
- ☐ hand mixer

Directions

- ☐ Preheat oven to 350°F. Have ready a large ungreased baking sheet.
- ☐ Mix flour, baking powder, baking soda, salt and oats in a small bowl; set aside.In a large mixing bowl, beat butter and sugars with an electric mixer until light and fluffy.
- ☐ Add egg and vanilla; mix well. Gradually add flour mixture, mixing with a spoon until well blended.
- ☐ Add cereal, coconut, nuts, and chocolate chips (or dried fruit). Drop by heaping teaspoons spacing 2 inches apart onto baking sheets.
- ☐ Bake 12 to 15 minutes or until lightly browned.
- ☐ Let cool on tray for a few minutes, then transfer to a rack to finish cooling.

Nutrition Facts



Properties

Glycemic Index:12.8, Glycemic Load:7.04, Inflammation Score:-2, Nutrition Score:3.5660869608755%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg

Nutrients (% of daily need)

Calories: 145.88kcal (7.29%), Fat: 6.69g (10.29%), Saturated Fat: 3.42g (21.38%), Carbohydrates: 20.56g (6.85%),
Net Carbohydrates: 19.4g (7.06%), Sugar: 12.49g (13.87%), Cholesterol: 17.91mg (5.97%), Sodium: 127.6mg (5.55%),
Alcohol: 0.09g (100%), Alcohol %: 0.28% (100%), Protein: 1.88g (3.76%), Manganese: 0.31mg (15.67%), Folate:
25.31µg (6.33%), Iron: 1.08mg (6.02%), Selenium: 4.04µg (5.78%), Vitamin B1: 0.09mg (5.74%), Fiber: 1.15g (4.61%),
Phosphorus: 43.46mg (4.35%), Copper: 0.09mg (4.27%), Vitamin B2: 0.07mg (4.12%), Vitamin A: 175.97IU (3.52%),
Magnesium: 13.85mg (3.46%), Vitamin B3: 0.69mg (3.45%), Calcium: 23.84mg (2.38%), Vitamin B6: 0.05mg (2.3%),
Zinc: 0.34mg (2.28%), Potassium: 63.79mg (1.82%), Vitamin B12: 0.09µg (1.47%), Vitamin B5: 0.12mg (1.23%),
Vitamin E: 0.18mg (1.19%), Vitamin D: 0.15µg (1.03%)