



## Cut-Out Cookies Made with Oat Flour

 Vegetarian

READY IN



83 min.

SERVINGS



60

CALORIES



65 kcal

DESSERT

### Ingredients

- 1 teaspoon baking soda
- 1 cup butter
- 1.5 cups powdered sugar
- 1 eggs
- 2.3 cups flour all-purpose
- 1 cup oat flour
- 1 teaspoon vanilla extract

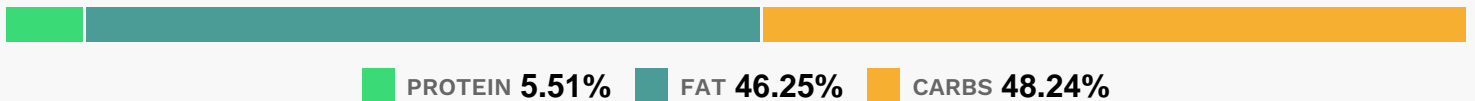
### Equipment

- bowl
- baking sheet
- oven
- cookie cutter

## Directions

- In a large bowl, cream together the confectioners' sugar and butter until smooth. Beat in the egg and vanilla.
- Combine the all-purpose flour, oat flour, and baking soda; stir into the creamed mixture. Cover the dough, and chill for about 1 hour.
- Preheat the oven to 375 degrees F (190 degrees C). On a lightly floured surface, roll the dough out to 1/8 inch thickness.
- Cut into desired shapes using cookie cutters.
- Place cookies 2 inches apart onto an ungreased cookie sheet.
- Bake for 7 to 8 minutes in the preheated oven, or until the edges begin to brown.
- Remove from baking sheets to cool on wire racks. When cool, eat plain, or frost with your favorite cookie frosting.

## Nutrition Facts



## Properties

Glycemic Index:2.08, Glycemic Load:2.59, Inflammation Score:-1, Nutrition Score:1.3152173981071%

## Nutrients (% of daily need)

Calories: 65.18kcal (3.26%), Fat: 3.37g (5.18%), Saturated Fat: 2.01g (12.54%), Carbohydrates: 7.9g (2.63%), Net Carbohydrates: 7.64g (2.78%), Sugar: 2.98g (3.31%), Cholesterol: 10.86mg (3.62%), Sodium: 44.15mg (1.92%), Alcohol: 0.02g (100%), Alcohol %: 0.2% (100%), Protein: 0.9g (1.8%), Manganese: 0.11mg (5.64%), Selenium: 2.55µg (3.64%), Vitamin B1: 0.05mg (3.41%), Folate: 9.68µg (2.42%), Vitamin A: 98.51IU (1.97%), Vitamin B2: 0.03mg (1.82%), Iron: 0.31mg (1.74%), Phosphorus: 16.47mg (1.65%), Vitamin B3: 0.31mg (1.54%), Fiber: 0.26g (1.03%), Magnesium: 4.08mg (1.02%)