

# **Easy Ranger Cookies**

airy Free







DESSERT

## **Ingredients**

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- 0.5 cup butter softened
- 1 tablespoon water
- 1 eggs
- O.8 cup rice cereal crisp
- 0.5 cup coconut flakes flaked

### **Equipment**

bowl

baking sheet oven				
Directions				
Heat oven to 375°F. In large bowl, stir all ingredients until soft dough forms. Drop dough by rounded teaspoonfuls 2 inches apart onto ungreased cookie sheet.				
Bake 10 to 12 minutes or until edges are golden brown. Cool 1 minute; remove from cookie sheet. Cool completely.				
Nutrition Facts				
PROTEIN 3.43% FAT 48.11% CARBS 48.46%				

#### **Properties**

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:0.60913044505793%

#### **Nutrients** (% of daily need)

Calories: 93.64kcal (4.68%), Fat: 4.92g (7.57%), Saturated Fat: 1.45g (9.04%), Carbohydrates: 11.14g (3.71%), Net Carbohydrates: 10.6g (3.85%), Sugar: 6.58g (7.31%), Cholesterol: 4.55mg (1.52%), Sodium: 46.41mg (2.02%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 0.79g (1.58%), Vitamin A: 119.37IU (2.39%), Fiber: 0.55g (2.19%), Manganese: 0.03mg (1.64%)