

Easy Ranger Cookies

airy Free







DESSERT

Ingredients

0.5 cup butter softened
0.5 cup coconut flakes flaked
1 pouch basic cookie mix (1 lb 1.5 oz
0.8 cup rice cereal crisp

1 eggs

1 tablespoon water

Equipment

bowl

baking sheet oven	
Directions	
Heat oven to 375F. 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: 93.63kcal (4.68%), Fat: 4.92g (7.56%), Saturated Fat: 1.45g (9.04%), Carbohydrates: 11.14g (3.71%), Net Carbohydrates: 10.59g (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%)