



Eggless Cookie Bars

 Gluten Free

READY IN



40 min.

SERVINGS



45

CALORIES



77 kcal

DESSERT

Ingredients

- ☐ 0.5 cup butter/margarine melted (1 Stick)
- ☐ 0.5 cup coconut or flaked
- ☐ 0.5 cup cranberries dried
- ☐ 0.5 cup semi chocolate chips sweet mini (I Used)
- ☐ 14 Oz condensed milk fat free sweetened (I Used)
- ☐ 0.5 cup walnuts chopped

Equipment

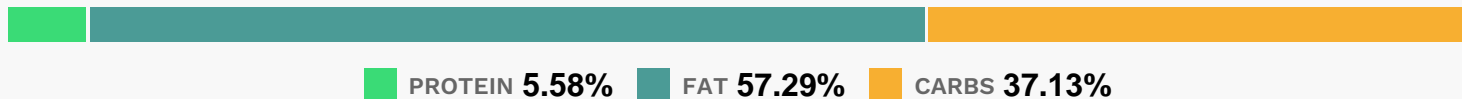
- ☐ food processor

- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ microwave
- ☐ rolling pin
- ☐ glass baking pan

Directions

- ☐ Preheat oven to 350F (325F for glass baking dish) for 15 minutes.If not using ready to use graham cracker crumbs, place the crackers in a ziploc bag, seal it and use a rolling pin to powder it. Alternatively pulse it a few times in a food processor.
- ☐ Cut the butter into small pieces, place it in a microwave safe bowl and melt it. First time it for 15 seconds, stir it once and keep increasing the time as needed. Mine took 1 minute to melt completely.
- ☐ Let it cool enough to handle with your hands.In a bowl, combine the graham cracker crumbs and butter; mix well.Press crumb mixture firmly on bottom of 13×9 inch baking pan.
- ☐ Pour sweetened condensed milk evenly over the crumb mixture.First add 1/4 cup of the semi sweet chocolate chips evenly over the condensed milk layer. Next add the coconut similarly.Evenly spread the nuts over the coconut layer. Then top it off with the dried cranberries and the remaining 1/4 cup of the chocolate chips.
- ☐ Bake 25 minutes or until lightly browned. Cool completely. I kept it in the freezer for 10 minutes.
- ☐ Cut into bars or diamonds. Store the cookie bars covered.

Nutrition Facts



Properties

Glycemic Index:2.91, Glycemic Load:2.95, Inflammation Score:-1, Nutrition Score:1.5304347921325%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 76.86kcal (3.84%), Fat: 5.05g (7.77%), Saturated Fat: 2.84g (17.77%), Carbohydrates: 7.36g (2.45%), Net Carbohydrates: 6.89g (2.51%), Sugar: 6.61g (7.35%), Cholesterol: 8.54mg (2.85%), Sodium: 28.06mg (1.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.11g (2.21%), Manganese: 0.1mg (5.05%), Phosphorus: 34.67mg (3.47%), Calcium: 28.53mg (2.85%), Copper: 0.06mg (2.77%), Selenium: 1.75µg (2.49%), Vitamin B2: 0.04mg (2.46%), Magnesium: 8.82mg (2.21%), Fiber: 0.47g (1.89%), Vitamin A: 87.84IU (1.76%), Potassium: 56.19mg (1.61%), Zinc: 0.2mg (1.32%), Iron: 0.22mg (1.21%)