



Fruit-and-Oat Jumbles

 Dairy Free

READY IN



45 min.

SERVINGS



30

CALORIES



89 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.8 teaspoon baking soda
- 1 cup flake cereal whole-wheat (such as Wheaties)
- 0.5 cup apricots dried chopped
- 0.5 cup cranberries dried
- 1 eggs
- 1 cup flour all-purpose
- 0.3 cup butter softened
- 0.3 cup blackstrap molasses

- 1 cup quick-cooking oats
- 0.5 cup sugar
- 1 teaspoon vanilla extract
- 0.3 cup wheat germ toasted

Equipment

- baking sheet
- oven
- blender

Directions

- Cream the sugar and margarine at medium speed of a mixer until light and fluffy (about 3 minutes).
- Add molasses, vanilla, and egg; beat well.
- Combine flour, oats, cereal, wheat germ, and baking soda; stir well. Gradually add to creamed mixture, beating well. Stir in cranberries and apricots.
- Drop the dough by level tablespoons onto baking sheets coated with cooking spray.
- Bake at 350 for 10 minutes; let cool on pans 1 minute.
- Remove from pans; let cool completely on wire racks.

Nutrition Facts



PROTEIN 6.26% **FAT 25.09%** **CARBS 68.65%**

Properties

Glycemic Index:11.99, Glycemic Load:7.89, Inflammation Score:-3, Nutrition Score:3.7604347833473%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 88.77kcal (4.44%), Fat: 2.57g (3.95%), Saturated Fat: 0.53g (3.3%), Carbohydrates: 15.79g (5.26%), Net Carbohydrates: 14.79g (5.38%), Sugar: 9.07g (10.07%), Cholesterol: 5.46mg (1.82%), Sodium: 62.46mg (2.72%), Alcohol: 0.05g (100%), Alcohol %: 0.24% (100%), Protein: 1.44g (2.88%), Manganese: 0.39mg (19.41%), Selenium: 4.99µg (7.12%), Magnesium: 23.66mg (5.92%), Vitamin B1: 0.09mg (5.71%), Iron: 1.02mg (5.68%), Folate: 21.01µg (5.25%), Vitamin A: 209.56IU (4.19%), Fiber: 1g (4.01%), Phosphorus: 37.29mg (3.73%), Vitamin B6: 0.07mg (3.57%), Vitamin B2: 0.06mg (3.41%), Vitamin B3: 0.66mg (3.3%), Potassium: 113.93mg (3.26%), Copper: 0.06mg (2.93%), Zinc: 0.34mg (2.27%), Vitamin E: 0.26mg (1.74%), Vitamin B5: 0.14mg (1.41%), Vitamin B12: 0.08µg (1.37%), Calcium: 13.53mg (1.35%)