



## Fruit Cookies

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



95 kcal

## Ingredients

- 0.5 cup bran cereal whole
- 0.5 cup almonds finely chopped
- 2 bananas mashed
- 1.5 cups apricots dried chopped
- 1.5 cups rolled oats
- 0.3 teaspoon salt
- 1 teaspoon vanilla extract
- 0.3 cup vegetable oil

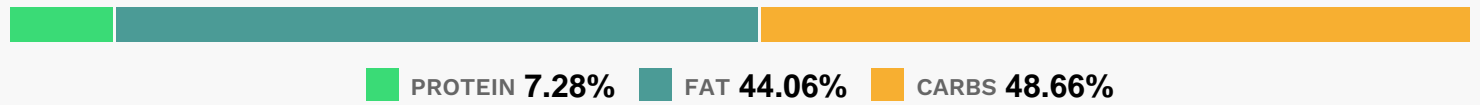
## Equipment

- bowl
- baking sheet
- oven

## Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease cookie sheets.
- In large bowl, combine oil, bananas, and vanilla until smooth.
- Mix in oats, oat bran cereal and salt. Fold in apricots and almonds. Drop dough by spoonfuls 2 inches apart on cookie sheets.
- Bake for 20 to 25 minutes in the preheated oven, until edges are light brown.

## Nutrition Facts



## Properties

Glycemic Index:7.62, Glycemic Load:4.04, Inflammation Score:-4, Nutrition Score:5.2560869921809%

## Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Catechin: 0.64mg, Catechin: 0.64mg, Catechin: 0.64mg, Catechin: 0.64mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 95.38kcal (4.77%), Fat: 4.98g (7.66%), Saturated Fat: 0.66g (4.11%), Carbohydrates: 12.38g (4.13%), Net Carbohydrates: 10.27g (3.73%), Sugar: 5.94g (6.6%), Cholesterol: 0mg (0%), Sodium: 28.82mg (1.25%), Alcohol: 0.06g (100%), Alcohol %: 0.24% (100%), Protein: 1.85g (3.7%), Manganese: 0.39mg (19.69%), Vitamin B6: 0.21mg (10.59%), Vitamin E: 1.41mg (9.39%), Fiber: 2.1g (8.45%), Vitamin A: 321.71IU (6.43%), Magnesium: 24.99mg (6.25%), Phosphorus: 57.9mg (5.79%), Vitamin K: 6.04µg (5.75%), Folate: 22.63µg (5.66%), Vitamin B2: 0.09mg (5.3%), Potassium: 183.06mg (5.23%), Copper: 0.1mg (4.98%), Iron: 0.8mg (4.42%), Vitamin B1: 0.06mg (4.2%), Vitamin B12: 0.24µg (4.05%), Zinc: 0.48mg (3.23%), Vitamin B3: 0.63mg (3.16%), Selenium: 1.99µg (2.84%), Calcium: 20.67mg (2.07%), Vitamin B5: 0.16mg (1.59%), Vitamin C: 1.2mg (1.45%)