



Gluten Free Oatmeal Cookies



Gluten Free



Dairy Free

READY IN



39 min.

SERVINGS



48

CALORIES



126 kcal

DESSERT

Ingredients

- ☐ 2 cups brown rice flour
- ☐ 0.5 cup cranberries dried
- ☐ 0.3 cup flax seed
- ☐ 0.8 cup golden raisins
- ☐ 0.5 tablespoon ground cinnamon
- ☐ 0.8 cup m&ms mini
- ☐ 0.3 cup blackstrap molasses
- ☐ 0.8 cup oil (I used Canola)

- ☐ 2.3 cups cooking oats quick
- ☐ 1.3 cups rice milk
- ☐ 2 teaspoons salt
- ☐ 1.8 cups slivered almonds
- ☐ 0.8 cup sugar
- ☐ 0.5 cup coconut or shredded unsweetened

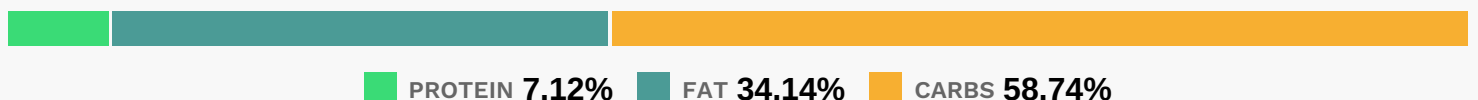
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ wire rack
- ☐ plastic wrap

Directions

- ☐ Preheat oven to 350F/180C for 15 Mins. Line cookie sheets with parchment paper. I also sprayed the parchment paper with some non stick cooking spray. Stir together the dry ingredients in a large bowl.
- ☐ Mix together the wet ingredients in another small bowl.
- ☐ Add wet ingredients to the dry ingredients and stir until just combined. I felt that the cookie batter was a bit watery so I covered the bowl of dough with plastic wrap and refrigerated for 15 minutes. Scoop about a tablespoonful of dough and place it on the prepared cookie sheets. Flatten it gently either with a fork or back of a spoon.
- ☐ Bake it until lightly browned or for 24 minutes. I took out mine after 22 minutes. Leave the cookies on the cookie sheet for about 5 minutes and then transfer it to a cooling rack to cool completely before storing them in an air tight container. I baked mine in 3 batches.

Nutrition Facts



Properties

Glycemic Index:7.54, Glycemic Load:5.74, Inflammation Score:-2, Nutrition Score:4.5678260630887%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg 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: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 125.55kcal (6.28%), Fat: 4.95g (7.62%), Saturated Fat: 1.34g (8.39%), Carbohydrates: 19.17g (6.39%), Net Carbohydrates: 17.33g (6.3%), Sugar: 9.37g (10.42%), Cholesterol: 0.49mg (0.16%), Sodium: 103.81mg (4.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.32g (4.64%), Manganese: 0.62mg (30.9%), Magnesium: 37.71mg (9.43%), Vitamin E: 1.27mg (8.49%), Fiber: 1.84g (7.35%), Phosphorus: 69.45mg (6.94%), Copper: 0.11mg (5.31%), Vitamin B1: 0.07mg (4.92%), Vitamin B6: 0.08mg (4.22%), Iron: 0.71mg (3.96%), Vitamin B2: 0.06mg (3.67%), Vitamin B3: 0.67mg (3.37%), Potassium: 117.46mg (3.36%), Zinc: 0.48mg (3.19%), Selenium: 2.21µg (3.16%), Calcium: 25.82mg (2.58%), Vitamin B5: 0.19mg (1.87%), Folate: 4.92µg (1.23%)