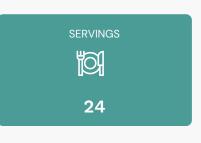


Gluten Free Oatmeal Raisin Cookies







DESSERT

Ingredients

2 cups almond flour finely
0.5 cup tapioca/arrowroot flour
0.5 teaspoon sea salt
0.5 teaspoon baking soda
0.5 teaspoon xanthan gum
0.5 teaspoon cinnamon
0.5 cup shortening

0.5 cup agave nectar light

	0.5 cup coconut sugar	
	1 tablespoon vanilla gluten free ()	
	1 eggs whole	
	1.5 cups oats gluten free quick	
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Equipment		
	bowl	
	baking sheet	
	oven	
	whisk	
	mixing bowl	
	spatula	
Directions		
	Preheat oven to 350 degrees.	
	In a small bowl, soak raisins in warm water and set aside.	
	In a large mixing bowl, beat the shortening and palm sugar until combined.	
	In a separate bowl, whisk together the egg, agave, and vanilla.	
	Add the egg mixture to the sugar/shortening mixture, and beat to thoroughly combine.	
	In another separate bowl, combine the almond flour, tapioca, xanthan gum, cinnamon, soda, and salt.	
	Add the dry ingredients to the wet and stir until well combined.	
	Drain the plump raisins and fold into the batter.	
	Using wet hands, roll the batter into large tablespoon-sized balls and place on a greased cookie sheet 2 inches apart. Slightly flatten with the palm of your hands.	
	Bake for 8-10 minutes or until light golden brown. Using a spatula, remove the cookies from the sheet immediately.	

Nutrition Facts

Properties

Glycemic Index:9.33, Glycemic Load:5.95, Inflammation Score:-1, Nutrition Score:2.2421739130435%

Taste

Sweetness: 62.19%, Saltiness: 9.17%, Sourness: 0.91%, Bitterness: 0.47%, Savoriness: 4.37%, Fattiness: 100%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 148.38kcal (7.42%), Fat: 9.44g (14.52%), Saturated Fat: 1.51g (9.43%), Carbohydrates: 14.35g (4.78%), Net Carbohydrates: 12.71g (4.62%), Sugar: 5.77g (6.41%), Cholesterol: 6.82mg (2.27%), Sodium: 82.8mg (3.6%), Alcohol: 0.19g (1.04%), Protein: 2.92g (5.84%), Manganese: 0.24mg (11.99%), Fiber: 1.64g (6.54%), Iron: 0.64mg (3.56%), Magnesium: 14.12mg (3.53%), Selenium: 2.37µg (3.38%), Vitamin K: 3.48µg (3.32%), Phosphorus: 27.24mg (2.72%), Calcium: 24.67mg (2.47%), Vitamin E: 0.36mg (2.42%), Vitamin B1: 0.03mg (2.31%), Vitamin B2: 0.02mg (1.33%), Zinc: 0.19mg (1.26%), Copper: 0.02mg (1.11%), Folate: 4.05µg (1.01%)