



Gluten Free Oatmeal Raisin Cookies

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



24

CALORIES



148 kcal

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

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



■ PROTEIN 7.58% ■ FAT 55.15% ■ CARBS 37.27%

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%)