

DESSERT

Good Cookies I

6 October 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	48	\$0.16	147 kcal



Good Cookies I requires approximately 45 minutes from start to finish. One portion of this dish contains about 2g of protein, 7g of fat, and a total of 172 calories. This recipe serves 48. For 16 cents per serving, this recipe covers 4% of your daily requirements of vitamins and minerals. It works w...

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 1 cup butter
- ☐ 1 cup crushed cornflakes cereal
- ☐ 1 egg
- ☐ 1 tablespoon milk
- ☐ ½ teaspoon salt
- ☐ 1 cup vegetable oil
- ☐ 1 cup packed brown sugar
- ☐ 2/3 cup flaked coconut
- ☐ 1 teaspoon cream of tartar
- ☐ 4 cups all-purpose flour
- ☐ 1 cup rolled oats
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup white sugar

Method

- 1

In a small bowl, dissolve baking soda in milk. Cream together the sugars and the egg.
- 2

Mix in the oil, butter or margarine, baking soda mixture and cream of tartar. Stir in the vanilla, oatmeal, coconut or chopped nuts, corn flakes and flour.
- 3

Make small balls and flatten them with a greased and flat bottomed glass.
- 4

Bake 325 degrees F (165 degrees C) for about 12-15 minutes.

Nutrition per serving			
	147	2 g	6 g
	KCAL	PROTEIN	FAT
			22 g
			CARBS
Saturated Fat			3.3 g · 21% of daily needs
Fibre			0.8 g · 3% of daily needs
Sugar			9.2 g · 10% of daily needs
Sodium			117 mg · 5% of daily needs
Cholesterol			13.6 mg · 5% of daily needs
Vitamin C			1.1 mg · 1% of daily needs

Adapted from Allrecipes. Find this recipe, ratings and more ideas at whatsheate.com/good-cookies-i-148462