



Grandma's Coconut Corn Flake Cookies



Vegetarian



Dairy Free

READY IN



50 min.

SERVINGS



60

CALORIES



32 kcal

DESSERT

Ingredients

- ☐ 3 cups corn flake cereal
- ☐ 4 egg whites
- ☐ 0.3 teaspoon salt
- ☐ 1 cup coconut or sweetened flaked
- ☐ 1 teaspoon vanilla extract
- ☐ 0.5 cup walnuts chopped
- ☐ 1 cup sugar white

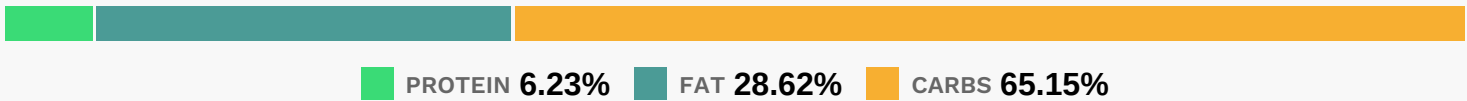
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ hand mixer
- ☐ spatula

Directions

- ☐ Preheat oven to 250 degrees F (120 degrees C). Line baking sheets with parchment paper sprayed with cooking spray.
- ☐ Beat the egg whites in a bowl with an electric mixer until they form stiff peaks. Gradually beat in the sugar, adding about 2 tablespoons at a time. Beat in the salt and vanilla extract until the mixture is glossy and holds its shape. Gently and lightly use a rubber spatula to fold the corn flakes, coconut, and walnuts into the meringue. Gently run the spatula through the center of the bowl, then around the sides of the bowl, repeating until fully incorporated. Drop the mixture by rounded tablespoons onto the prepared baking sheets.
- ☐ Bake in the preheated oven until the cookies are very lightly browned and set, 20 to 30 minutes.
- ☐ Let cool completely before removing with a metal spatula; warm cookies are very fragile.

Nutrition Facts



Properties

Glycemic Index:1.5, Glycemic Load:2.34, Inflammation Score:-1, Nutrition Score:0.92130434164858%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg

Nutrients (% of daily need)

Calories: 31.9kcal (1.59%), Fat: 1.05g (1.62%), Saturated Fat: 0.44g (2.72%), Carbohydrates: 5.39g (1.8%), Net Carbohydrates: 5.14g (1.87%), Sugar: 4.03g (4.48%), Cholesterol: 0mg (0%), Sodium: 27.31mg (1.19%), Alcohol: 0.02g (100%), Alcohol %: 0.32% (100%), Protein: 0.52g (1.03%), Iron: 0.46mg (2.54%), Manganese: 0.05mg (2.49%), Vitamin B2: 0.03mg (1.91%), Vitamin B6: 0.03mg (1.54%), Folate: 6.08µg (1.52%), Vitamin B1: 0.02mg (1.49%),

Vitamin B3: 0.27mg (1.37%), Vitamin B12: 0.07µg (1.2%), Selenium: 0.81µg (1.16%), Copper: 0.02mg (1.16%), Fiber:
0.25g (1.01%)