

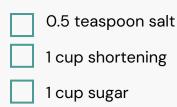


Dairy Free



## Ingredients

- 0.5 teaspoon double-acting baking powder
- 1 teaspoon baking soda
- 1 cup firmly brown sugar packed
- 2 cups oven-toasted rice cereal
  - 2 eggs
- 2 cups flour all-purpose
- 2 cups regular oats uncooked
- 1 cup raisins



# Equipment

- baking sheet
- oven
- mixing bowl

## Directions

Cream shortening in a large mixing bowl; gradually add sugar, beating well.

Add eggs, beating well.

Combine flour, baking powder, soda, and salt in a medium mixing bowl; add to creamed mixture, stirring well. Stir in remaining ingredients; mix well.

- Shape into 1-inch balls; place 2 inches apart on greased cookie sheets.
- Bake at 350 for 10 to 12 minutes.
- Remove from cookie sheets, and cool on wire racks.

## **Nutrition Facts**

PROTEIN 4.51% 📕 FAT 35.34% 📒 CARBS 60.15%

#### **Properties**

Glycemic Index:3.5, Glycemic Load:3.92, Inflammation Score:-1, Nutrition Score:1.3665217264839%

#### Nutrients (% of daily need)

Calories: 59.39kcal (2.97%), Fat: 2.38g (3.67%), Saturated Fat: 0.59g (3.69%), Carbohydrates: 9.13g (3.04%), Net Carbohydrates: 8.78g (3.19%), Sugar: 4.37g (4.86%), Cholesterol: 3.41mg (1.14%), Sodium: 32.9mg (1.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.68g (1.37%), Manganese: 0.11mg (5.25%), Selenium: 1.81µg (2.59%), Vitamin B1: 0.04mg (2.57%), Iron: 0.46mg (2.54%), Folate: 9.97µg (2.49%), Vitamin B2: 0.03mg (1.87%), Vitamin B3: 0.3mg (1.48%), Fiber: 0.35g (1.42%), Phosphorus: 14.07mg (1.41%), Zinc: 0.17mg (1.16%), Vitamin K: 1.19µg (1.13%), Vitamin E: 0.15mg (1.01%)