



Haystack Cookies



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



36

CALORIES



47 kcal

DESSERT

Ingredients

- ☐ 0.3 cup plus light
- ☐ 2 cups cornflakes
- ☐ 0.3 cup honey
- ☐ 0.5 cup peanut butter not all natural
- ☐ 0.5 cup coconut or sweetened lightly toasted
- ☐ 1 teaspoon vanilla extract

Equipment

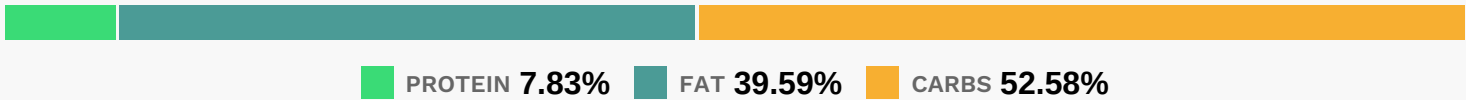
- ☐ baking sheet

- ☐ sauce pan
- ☐ aluminum foil

Directions

- ☐ In a large saucepan, stir together corn syrup, honey and peanut butter. Bring to a boil, then remove from heat and stir in vanilla.
- ☐ Add cornflakes and toasted coconut to saucepan and stir until cereal is well coated with peanut butter mixture.
- ☐ Drop cornflake mixture by heaping teaspoons onto a foil-lined baking sheet.
- ☐ Transfer to refrigerator and let cool until firm, at least 20 minutes. Store in refrigerator in an airtight container.

Nutrition Facts



Properties

Glycemic Index:2.37, Glycemic Load:1.44, Inflammation Score:-1, Nutrition Score:1.3978260947472%

Nutrients (% of daily need)

Calories: 46.51kcal (2.33%), Fat: 2.17g (3.34%), Saturated Fat: 0.68g (4.22%), Carbohydrates: 6.49g (2.16%), Net Carbohydrates: 6.15g (2.24%), Sugar: 4.72g (5.25%), Cholesterol: 0mg (0%), Sodium: 31.65mg (1.38%), Alcohol: 0.04g (100%), Alcohol %: 0.43% (100%), Protein: 0.97g (1.93%), Vitamin B3: 0.77mg (3.83%), Manganese: 0.07mg (3.43%), Iron: 0.54mg (3%), Vitamin B6: 0.04mg (2.24%), Vitamin E: 0.33mg (2.19%), Folate: 8.72µg (2.18%), Vitamin B2: 0.03mg (1.86%), Magnesium: 7.35mg (1.84%), Vitamin B1: 0.03mg (1.83%), Phosphorus: 15.02mg (1.5%), Fiber: 0.34g (1.38%), Vitamin B12: 0.08µg (1.3%), Copper: 0.02mg (1.13%)