



Hearty Oatmeal Energy Cookies



Vegetarian



Dairy Free

READY IN



35 min.

SERVINGS



18

CALORIES



295 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 1 cup dairy-free margarine (2 sticks of Earth Balance)
- ☐ 0.5 cup dark-brown sugar packed
- ☐ 2 large eggs
- ☐ 0.5 cups flour all-purpose
- ☐ 0.5 cup granulated sugar
- ☐ 2.5 cups oats instant quick (not)
- ☐ 1 cups raisins chopped (in a food processor)

- ☐ 1 cup sunflower seeds raw
- ☐ 1 teaspoon salt
- ☐ 1 cup coconut or shredded sweetened
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup flour whole wheat white

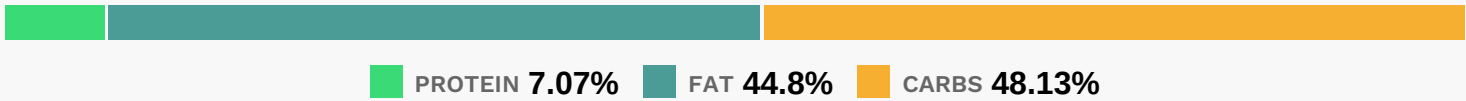
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ ice cream scoop

Directions

- ☐ Preheat the oven to 350 degrees.
- ☐ Whisk together the flours, baking soda, and salt in a bowl and set aside.Cream together the margarine and sugars until light and fluffy.Beat in eggs and vanilla, scraping down the sides of bowl as needed.
- ☐ Add the flour mixture to the sugar mixture and beat just until combined.Next stir in the oats, raisins, sunflower seeds and coconut just until combined.Drop level 1/4-cup measures of dough onto baking sheets (I use my ice cream scoop) about 1 1/2 inches apart.
- ☐ Bake until they are golden brown and soft to the touch about 18 rotating the cookie sheets halfway through.Cool 5 minutes on the cookie sheets and then transfer to a wire rack to cool completely.

Nutrition Facts



Properties

Glycemic Index:16.05, Glycemic Load:13.66, Inflammation Score:-6, Nutrition Score:10.051304423291%

Nutrients (% of daily need)

Calories: 295.38kcal (14.77%), Fat: 15.23g (23.43%), Saturated Fat: 4.32g (27%), Carbohydrates: 36.8g (12.27%), Net Carbohydrates: 33.57g (12.21%), Sugar: 14.04g (15.6%), Cholesterol: 20.67mg (6.89%), Sodium: 297.21mg (12.92%), Alcohol: 0.08g (100%), Alcohol %: 0.13% (100%), Protein: 5.41g (10.82%), Manganese: 0.8mg (40.24%), Vitamin E: 5.21mg (34.7%), Selenium: 11.65µg (16.64%), Magnesium: 61.53mg (15.38%), Vitamin B1: 0.21mg (14.07%), Fiber: 3.23g (12.93%), Phosphorus: 127.61mg (12.76%), Copper: 0.23mg (11.41%), Vitamin A: 513.22IU (10.26%), Iron: 1.68mg (9.33%), Vitamin B6: 0.15mg (7.68%), Folate: 30.17µg (7.54%), Vitamin K: 7.37µg (7.02%), Zinc: 0.94mg (6.25%), Vitamin B2: 0.1mg (5.85%), Potassium: 202.47mg (5.78%), Vitamin B3: 1.04mg (5.22%), Vitamin B5: 0.31mg (3.12%), Calcium: 27.41mg (2.74%)