



## Homemade Animal Crackers

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



429 kcal

DESSERT

### Ingredients

- 0.3 tsp allspice
- 1 tsp double-acting baking powder
- 1 cup brown sugar
- 1 cup brown sugar
- 1 stick butter
- 1 tsp cinnamon
- 2 Tbsp cocoa powder (Optional)
- 1 eggs

- 1.5 cups flour
- 0.5 cup rolled oats
- 0.1 tsp salt
- 1 tsp vanilla

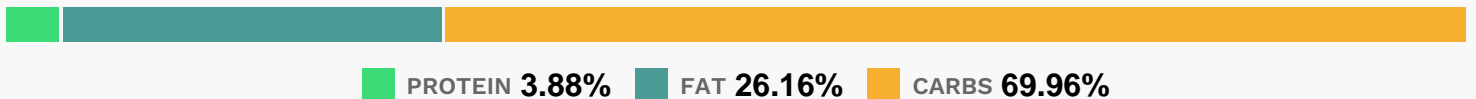
## Equipment

- baking sheet
- oven
- measuring cup

## Directions

- Cream together the butter and brown sugar.
- Add in the egg and vanilla and combine well.
- Mix in the cinnamon, allspice, and salt. Finally, add in the baking powder, oats, flour, and optional cocoa powder. Cocoa powder should be subbed for flour. Simply add the powder to your measuring cup and then fill the rest of the way up with flour.
- Mix it up good and form into a ball. Store in the fridge for a minimum of one hour and up to overnight. When ready, pull dough from fridge, grab off a hunk and roll it out to 1/4" thick.
- Cut out crackers and place on a cookie sheet lined with parchment.
- Bake for 5–7 minutes in an oven preheated to 350 degrees.

## Nutrition Facts



## Properties

Glycemic Index:34.63, Glycemic Load:14.27, Inflammation Score:-4, Nutrition Score:7.0882608695652%

## Flavonoids

Catechin: 0.88mg, Catechin: 0.88mg, Catechin: 0.88mg, Catechin: 0.88mg Epicatechin: 2.65mg, Epicatechin: 2.65mg, Epicatechin: 2.65mg, Epicatechin: 2.65mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

## Taste

Sweetness: 100%, Saltiness: 4.55%, Sourness: 0.49%, Bitterness: 0.25%, Savoriness: 2.35%, Fattiness: 25.22%, Spiciness: 0%

## **Nutrients (% of daily need)**

Calories: 428.51kcal (21.43%), Fat: 12.73g (19.59%), Saturated Fat: 7.64g (47.73%), Carbohydrates: 76.63g (25.54%), Net Carbohydrates: 74.8g (27.2%), Sugar: 53.59g (59.54%), Cholesterol: 50.83mg (16.94%), Sodium: 212.5mg (9.24%), Caffeine: 3.11mg (1.03%), Protein: 4.25g (8.5%), Manganese: 0.49mg (24.61%), Selenium: 12.11µg (17.29%), Vitamin B1: 0.21mg (14.1%), Folate: 48.54µg (12.14%), Iron: 2.08mg (11.53%), Calcium: 97.52mg (9.75%), Vitamin B2: 0.16mg (9.26%), Phosphorus: 85.38mg (8.54%), Vitamin B3: 1.55mg (7.74%), Vitamin A: 383.96IU (7.68%), Fiber: 1.83g (7.32%), Copper: 0.14mg (6.82%), Magnesium: 25.27mg (6.32%), Potassium: 150.99mg (4.31%), Zinc: 0.55mg (3.65%), Vitamin B5: 0.34mg (3.37%), Vitamin E: 0.43mg (2.86%), Vitamin B6: 0.05mg (2.5%), Vitamin K: 1.31µg (1.25%), Vitamin B12: 0.07µg (1.22%)