



## Maple, pecan & raisin oaty cookies

 Vegetarian

READY IN



**35 min.**

SERVINGS



**18**

CALORIES



**288 kcal**

DESSERT

### Ingredients

- 140 g oats
- 50 g coconut flakes
- 225 g flour plain
- 140 g pecans salted roughly chopped
- 100 g raisins
- 140 g butter unsalted
- 225 g brown sugar light soft
- 3 tbsp maple syrup

- 3 tbsp golden syrup
- 2 tbsp water boiling
- 1 tsp baking soda

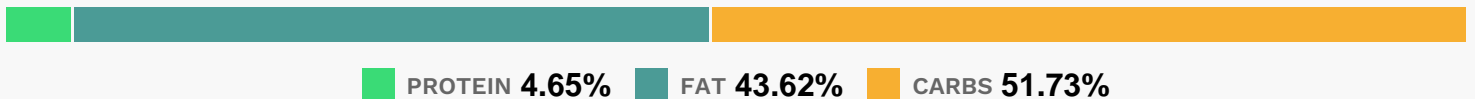
## Equipment

- bowl
- sauce pan
- oven
- wire rack

## Directions

- Heat oven to 160C/140C fan/gas
- Line 3 large baking trays with baking parchment. In a medium bowl mix the oats, coconut, flour, pecans and raisins. Set aside.
- In a small saucepan, melt the butter and sugar with the syrups, then remove from the heat.
- Combine the boiling water and bicarb, then add this to the butter mix.
- Pour over the oat mixture and stir to combine. Form balls using an ice-cream scoop of mixture and place on the lined trays, with lots of space around them, about 6 per tray. Flatten each ball slightly.
- Bake for 14-16 mins, depending on how chewy you like them. Allow to stand for 1 min then transfer to a wire rack to cool. Keep in an airtight container for up to 1 week, or freeze for up to 3 months.

## Nutrition Facts



## Properties

Glycemic Index:15.74, Glycemic Load:13.72, Inflammation Score:-3, Nutrition Score:6.9265217560789%

## Flavonoids

Cyanidin: 0.84mg, Cyanidin: 0.84mg, Cyanidin: 0.84mg, Cyanidin: 0.84mg Delphinidin: 0.57mg, Delphinidin: 0.57mg, Delphinidin: 0.57mg, Delphinidin: 0.57mg Catechin: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg

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

Calories: 287.5kcal (14.38%), Fat: 14.36g (22.09%), Saturated Fat: 6.18g (38.63%), Carbohydrates: 38.32g (12.77%), Net Carbohydrates: 35.62g (12.95%), Sugar: 17.66g (19.62%), Cholesterol: 16.72mg (5.57%), Sodium: 77.96mg (3.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.44g (6.89%), Manganese: 0.89mg (44.68%), Vitamin B1: 0.2mg (13.05%), Fiber: 2.7g (10.8%), Selenium: 7.56µg (10.79%), Copper: 0.19mg (9.4%), Vitamin B2: 0.14mg (8.34%), Iron: 1.44mg (7.99%), Phosphorus: 79.19mg (7.92%), Magnesium: 29.06mg (7.26%), Folate: 27.85µg (6.96%), Zinc: 0.82mg (5.49%), Vitamin B3: 1.01mg (5.07%), Potassium: 160.33mg (4.58%), Vitamin A: 198.72IU (3.97%), Calcium: 29.57mg (2.96%), Vitamin B6: 0.05mg (2.69%), Vitamin B5: 0.26mg (2.59%), Vitamin E: 0.34mg (2.28%)