



Oatmeal-Almond Lace Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



36

CALORIES



43 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.3 cup blanched almonds and toasted chopped
- ☐ 2 tablespoons butter
- ☐ 1 tablespoon canola oil
- ☐ 0.3 cup light-colored corn syrup
- ☐ 1 large eggs
- ☐ 3 tablespoons flour all-purpose
- ☐ 1 cup regular oats toasted

- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup sugar
- ☐ 0.3 teaspoon vanilla extract

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ blender

Directions

- ☐ Preheat oven to 40
- ☐ Combine the first 3 ingredients in a medium bowl. Melt butter in a small saucepan over low heat. Cook 2 minutes or until butter begins to brown (do not burn).
- ☐ Pour into oat mixture; stir well.
- ☐ Place sugar and egg in a medium bowl; beat with a mixer at medium speed until light and fluffy (about 2 minutes). Beat in vanilla.
- ☐ Combine flour, baking powder, and salt, stirring with a whisk. Stir flour mixture into egg mixture. Stir egg mixture into oat mixture.
- ☐ Add almonds; stir well to combine.
- ☐ Drop dough by heaping teaspoonfuls 2 inches apart onto 2 baking sheets lined with parchment paper.
- ☐ Bake at 400 for 4 minutes or until golden. Cool on pans 2 minutes.
- ☐ Transfer parchment to cooling rack; cool completely.

Nutrition Facts



 **PROTEIN 6.51%**  **FAT 35.63%**  **CARBS 57.86%**

Properties

Glycemic Index:9.61, Glycemic Load:2.65, Inflammation Score:-1, Nutrition Score:1.0578260933575%

Nutrients (% of daily need)

Calories: 43.14kcal (2.16%), Fat: 1.77g (2.73%), Saturated Fat: 0.53g (3.33%), Carbohydrates: 6.48g (2.16%), Net Carbohydrates: 6.15g (2.24%), Sugar: 4.35g (4.83%), Cholesterol: 6.84mg (2.28%), Sodium: 37.19mg (1.62%), Alcohol: 0.01g (100%), Alcohol %: 0.11% (100%), Protein: 0.73g (1.46%), Manganese: 0.1mg (5.13%), Vitamin E: 0.32mg (2.11%), Phosphorus: 19.46mg (1.95%), Selenium: 1.36µg (1.94%), Magnesium: 5.82mg (1.45%), Fiber: 0.33g (1.32%), Vitamin B1: 0.02mg (1.29%), Vitamin B2: 0.02mg (1.16%), Calcium: 11.25mg (1.12%), Iron: 0.19mg (1.06%)