



WHATSheATE



Oatmeal Banana Raisin Coconut Cookies



Dairy Free

READY IN



30 min.

SERVINGS



48

CALORIES



128 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 2 bananas ripe sliced
- ☐ 0.8 cup firmly brown sugar packed
- ☐ 1 cup coconut or flaked
- ☐ 1 eggs lightly beaten
- ☐ 1.5 cups flour all-purpose
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.1 teaspoon ground cloves

- ☐ 0.3 teaspoon ground nutmeg
- ☐ 1.3 cups butter
- ☐ 1.5 cups raisins
- ☐ 3 cups rolled oats
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon vanilla extract
- ☐ 0.5 cup sugar white

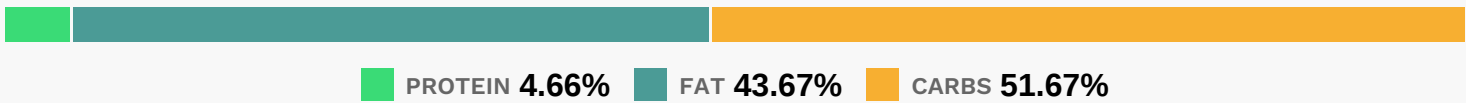
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ wire rack
- ☐ wooden spoon

Directions

- ☐ Preheat the oven to 375 degrees F (190 degrees C). Grease cookie sheets.
- ☐ In a large bowl, cream together the margarine, brown sugar and white sugar. Beat in the egg and vanilla.
- ☐ Combine the flour, baking soda, salt, cinnamon, nutmeg and cloves; stir into the creamed mixture until well blended. Stir in the oats, bananas, raisins and coconut, one at a time using a wooden spoon. Drop by rounded spoonfuls 2 inches apart onto the prepared cookie sheet.
- ☐ Bake for 11 to 13 minutes in the preheated oven. Allow cookies to cool on baking sheet for 1 minute before removing to a wire rack to cool completely.

Nutrition Facts



Properties

Glycemic Index:7.78, Glycemic Load:7.23, Inflammation Score:-2, Nutrition Score:2.9008695305042%

Flavonoids

Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg

Nutrients (% of daily need)

Calories: 128.21kcal (6.41%), Fat: 6.41g (9.86%), Saturated Fat: 2.11g (13.18%), Carbohydrates: 17.07g (5.69%), Net Carbohydrates: 15.7g (5.71%), Sugar: 6.22g (6.91%), Cholesterol: 3.41mg (1.14%), Sodium: 107.44mg (4.67%), Alcohol: 0.03g (100%), Alcohol %: 0.11% (100%), Protein: 1.54g (3.08%), Manganese: 0.3mg (14.9%), Fiber: 1.37g (5.47%), Selenium: 3.53µg (5.04%), Vitamin A: 219.69IU (4.39%), Vitamin B1: 0.06mg (4.18%), Phosphorus: 36.5mg (3.65%), Iron: 0.63mg (3.51%), Magnesium: 12.8mg (3.2%), Copper: 0.06mg (2.99%), Vitamin B2: 0.05mg (2.8%), Potassium: 95.88mg (2.74%), Folate: 10.58µg (2.65%), Vitamin B6: 0.04mg (2.11%), Vitamin B3: 0.39mg (1.94%), Zinc: 0.28mg (1.85%), Vitamin E: 0.23mg (1.54%), Vitamin B5: 0.13mg (1.3%), Calcium: 10.85mg (1.09%)