



Oatmeal Coconut Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



32

CALORIES



93 kcal

DESSERT

Ingredients

- 100 grams rolled oats
- 75 grams coconut flakes dried flaked
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- 120 grams flour all-purpose
- 100 grams sugar sweet (more if you have a tooth)
- 1 teaspoon salt
- 100 grams butter
- 25 grams simple syrup glaze (or corn syrup)

- 1 teaspoon baking soda
- 2 tablespoons water boiling

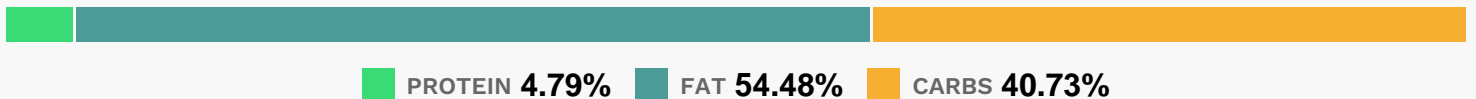
Equipment

- bowl
- frying pan
- baking sheet
- oven
- pot
- spatula

Directions

- Heat the oven to 150C/300F and prepare two baking trays covered with parchment. In a large bowl, stir together the oats, coconut, flour, sugar and salt. Meanwhile melt the butter and syrup together in a small pot over low heat.
- Stir the baking soda into the boiling water, then stir this into the butter and syrup mixture. And pour all of it over the flour mixture.
- Mix well, then shape the mixture into 32 balls and place onto the prepared baking sheets. Press down to flatten the cookie balls with your palm.
- Bake for 12-15 minutes, switching the pan around if you need to for even baking, until the cookies are golden brown. Leave them on the baking trays for 5 minutes before removing them with a spatula to cool on a rack.

Nutrition Facts



Properties

Glycemic Index:7.35, Glycemic Load:4.97, Inflammation Score:-1, Nutrition Score:2.1526086956522%

Taste

Sweetness: 100%, Saltiness: 5.5%, Sourness: 12.82%, Bitterness: 1.87%, Savoriness: 5.6%, Fattiness: 59.28%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 92.97kcal (4.65%), Fat: 5.81g (8.94%), Saturated Fat: 4.33g (27.06%), Carbohydrates: 9.77g (3.26%), Net Carbohydrates: 8.59g (3.12%), Sugar: 4.08g (4.53%), Cholesterol: 6.72mg (2.24%), Sodium: 129.49mg (5.63%), Protein: 1.15g (2.3%), Manganese: 0.27mg (13.4%), Fiber: 1.18g (4.72%), Selenium: 3.1µg (4.42%), Vitamin B1: 0.05mg (3.19%), Copper: 0.06mg (2.78%), Iron: 0.49mg (2.74%), Phosphorus: 27.33mg (2.73%), Magnesium: 9.51mg (2.38%), Folate: 8.38µg (2.09%), Vitamin B2: 0.03mg (1.78%), Zinc: 0.24mg (1.59%), Vitamin A: 78.09IU (1.56%), Vitamin B3: 0.29mg (1.43%), Potassium: 42.1mg (1.2%)