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Oatmeal Coconut Cookies

 Vegetarian

READY IN



35 min.

SERVINGS



21

CALORIES



130 kcal

DESSERT

Ingredients

- ☐ 1 cup all purpose flour
- ☐ 0.5 teaspoon baking soda
- ☐ 0.5 cup butter
- ☐ 0.8 cup granulated sugar
- ☐ 2 tablespoons honey
- ☐ 1 cup cooking oats quick (I used large flake)
- ☐ 0.1 teaspoon salt
- ☐ 1 cup coconut or shredded sweetened (I used)

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ wire rack
- ☐ stove
- ☐ spatula

Directions

- ☐ Preheat the oven to 350F for 15 minutes. Butter two cookie sheets. I used one extra large cookie sheet I recently purchased from Walmart. It was a dark coated non stick pan. Usually cookies baked on such dark coated sheets turn brown very quickly, so I lined it with parchment paper and then greased it with cooking spray. In a large bowl sift together the flour, baking soda and salt. Stir in the coconut and oats. Melt the butter with the sugar and honey in a small saucepan over medium heat.
- ☐ Remove it from the stove and let it cool for 2 minutes.
- ☐ Pour the melted butter mixture to the dry ingredients and mix well with a spatula.
- ☐ Roll into balls the size of walnuts and place 1 inch apart on the baking sheet and flatten it slightly with a fork.
- ☐ Bake for 15–20 minutes, or until golden brown. If using 2 cookie sheets, shift racks halfway through the baking to ensure even browning. Mine turned golden brown after 13 minutes itself. I think it's because of the dark coated cookie sheet.
- ☐ Let the cookies cool on the sheets until they firm slightly. Then using a spatula carefully lift the cookies and transfer it to a cooling rack to cool completely.

Nutrition Facts



 PROTEIN 3.95%  FAT 42.15%  CARBS 53.9%

Properties

Glycemic Index:14.87, Glycemic Load:10.61, Inflammation Score:-2, Nutrition Score:2.5117391213451%

Nutrients (% of daily need)

Calories: 129.79kcal (6.49%), Fat: 6.25g (9.62%), Saturated Fat: 4.18g (26.12%), Carbohydrates: 17.98g (5.99%), Net Carbohydrates: 17.26g (6.28%), Sugar: 10.69g (11.88%), Cholesterol: 11.62mg (3.87%), Sodium: 86.27mg (3.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.32g (2.64%), Manganese: 0.31mg (15.73%), Selenium: 4.16µg (5.94%), Vitamin B1: 0.07mg (4.61%), Magnesium: 14.03mg (3.51%), Folate: 12.67µg (3.17%), Iron: 0.55mg (3.06%), Phosphorus: 30.07mg (3.01%), Fiber: 0.72g (2.88%), Vitamin A: 135.07IU (2.7%), Vitamin B2: 0.04mg (2.29%), Vitamin B3: 0.41mg (2.04%), Copper: 0.04mg (1.88%), Zinc: 0.25mg (1.69%), Vitamin E: 0.17mg (1.15%), Potassium: 37.12mg (1.06%)