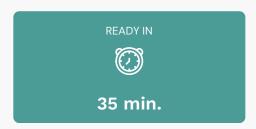


Oatmeal Coconut Cookies

Vegetarian







DESSERT

Ingredients

1 cup all purpose flour	
O.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)
O.1 teaspoon salt	
1 cup coconut or shredded sweetened (I us	sed)

Eq	Juipment
	bowl
	frying pan
	baking sheet
	sauce pan
	baking paper
	oven
	wire rack
	stove
	spatula
Di	rections
	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

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 %: O% (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%)