



Oatmeal Cranberry Zucchini Cookies

READY IN



38 min.

SERVINGS



65

CALORIES



66 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon baking soda
- ☐ 0.5 cup chocolate chips mini
- ☐ 1.3 cup coconut palm sugar
- ☐ 1.5 cups cranberries dried
- ☐ 2 teaspoons ener-g egg replacer powder
- ☐ 1.3 teaspoon ground cinnamon
- ☐ 0.3 cup milk
- ☐ 3 cups quick-cooking oats
- ☐ 0.5 teaspoon salt

- ☐ 0.8 cup butter unsalted softened
- ☐ 1.5 teaspoon vanilla extract
- ☐ 3 tablespoons water lukewarm
- ☐ 1 cup pastry flour whole wheat
- ☐ 1 cup zucchini shredded

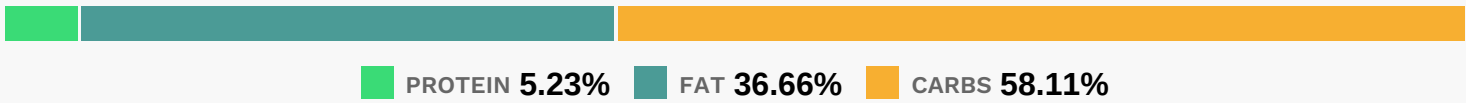
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 375F/190C for 15 minutes. Blend together the egg replacer powder and water until it’s frothy and set aside. In a medium size bowl combine together the Part 2 ingredients and set aside.In a large bowl cream together the butter and sugar until light and fluffy.Stir in the egg replacer mixture, milk and vanilla extract; beat well.
- ☐ Add the flour mix to the creamed mixture.Stir in the Part 3 ingredients and mix well.Drop tablespoonful of dough for each cookie, 2 inches apart on an ungreased baking sheet (See My Notes).
- ☐ Bake for about 12–15 minutes or until lightly browned.

Nutrition Facts



Properties

Glycemic Index:2.72, Glycemic Load:2.9, Inflammation Score:-1, Nutrition Score:1.7686956395274%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 66.09kcal (3.3%), Fat: 2.82g (4.34%), Saturated Fat: 1.62g (10.11%), Carbohydrates: 10.05g (3.35%), Net Carbohydrates: 9.27g (3.37%), Sugar: 5.07g (5.63%), Cholesterol: 5.95mg (1.98%), Sodium: 30.31mg (1.32%), Alcohol: 0.03g (100%), Alcohol %: 0.21% (100%), Protein: 0.91g (1.81%), Manganese: 0.25mg (12.7%), Selenium: 2.48µg (3.54%), Magnesium: 13.3mg (3.32%), Fiber: 0.77g (3.1%), Phosphorus: 26.29mg (2.63%), Vitamin B1: 0.03mg (2.09%), Iron: 0.28mg (1.55%), Vitamin A: 74.17IU (1.48%), Copper: 0.02mg (1.25%), Zinc: 0.18mg (1.23%), Vitamin E: 0.16mg (1.08%)