



Oatmeal Raisin Cookies VIII

 Dairy Free

READY IN



30 min.

SERVINGS



36

CALORIES



45 kcal

DESSERT

Ingredients

- 0.3 cup apple juice concentrate unsweetened thawed
- 0.8 cup apple sauce
- 1 teaspoon baking soda
- 2 egg whites
- 1 cup flour all-purpose
- 0.5 teaspoon ground cinnamon
- 0.3 cup butter softened
- 0.3 cup raisins chopped

- 1.5 cups rolled oats
- 0.3 teaspoon salt
- 2 tablespoons fructose sweetener
- 1 teaspoon vanilla extract

Equipment

- bowl
- baking sheet
- oven

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease cookie sheets.
- In a large bowl, cream together the margarine, fructose and egg whites until smooth. Stir in the applesauce, apple juice concentrate and vanilla.
- Combine the flour, baking soda, cinnamon and, if desired, salt; stir into the applesauce mixture. Finally, mix in the oats and chopped raisins. Drop by rounded spoonfuls onto the prepared cookie sheets.
- Bake for 15 to 17 minutes in the preheated oven, until cookies are firm to the touch and lightly browned. Cool 1 minute on the cookie sheets before removing to wire racks to cool completely. When cool, store in an airtight container. I like to keep mine in the refrigerator.

Nutrition Facts



PROTEIN 8.8% **FAT 29.16%** **CARBS 62.04%**

Properties

Glycemic Index:6.1, Glycemic Load:3.34, Inflammation Score:-1, Nutrition Score:1.4999999917396%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.36mg, Epicatechin: 0.36mg, Epicatechin: 0.36mg, Epicatechin: 0.36mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 44.93kcal (2.25%), Fat: 1.54g (2.37%), Saturated Fat: 0.31g (1.93%), Carbohydrates: 7.38g (2.46%), Net Carbohydrates: 6.36g (2.31%), Sugar: 0.85g (0.95%), Cholesterol: 0mg (0%), Sodium: 65.01mg (2.83%), Alcohol: 0.04g (100%), Alcohol %: 0.25% (100%), Protein: 1.05g (2.09%), Manganese: 0.16mg (7.89%), Selenium: 2.51µg (3.59%), Vitamin B1: 0.05mg (3.08%), Fiber: 0.6g (2.4%), Vitamin B2: 0.03mg (2.04%), Iron: 0.36mg (1.98%), Phosphorus: 19.62mg (1.96%), Folate: 7.71µg (1.93%), Magnesium: 6.33mg (1.58%), Vitamin B3: 0.27mg (1.33%), Copper: 0.02mg (1.22%), Vitamin A: 57.96IU (1.16%), Potassium: 36.19mg (1.03%), Zinc: 0.15mg (1.02%)