



Orange, oat & sultana cookies

READY IN



50 min.

SERVINGS



16

CALORIES



177 kcal

DESSERT

Ingredients

- ☐ 100 g butter at room temperature
- ☐ 1 eggs
- ☐ 50 g banana ripe mashed
- ☐ 1 tsp vanilla extract
- ☐ 100 g brown sugar light soft
- ☐ 0.5 tsp orange zest grated
- ☐ 100 g flour
- ☐ 0.3 tsp salt
- ☐ 1 tsp double-acting baking powder

- ☐ 100 g oats
- ☐ 25 g coconut flakes
- ☐ 50 g walnuts chopped
- ☐ 75 g chocolate chips dark

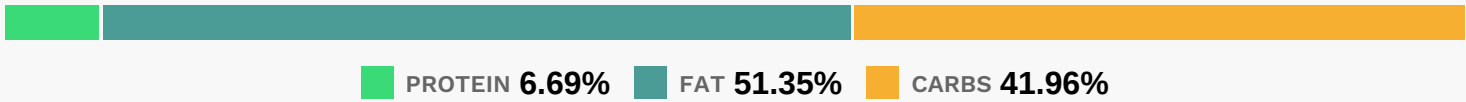
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ wooden spoon

Directions

- ☐ Heat oven to 180C/160C fan/gas
- ☐ Cream the butter and sugar together until well blended and smooth. Gradually beat in the banana, vanilla extract and egg.
- ☐ Add the zest.
- ☐ Mix well with a wooden spoon until thoroughly blended.
- ☐ In a large bowl, mix the flour, salt, baking powder, oats, coconut, walnuts and sultanas or chocolate chips. Stir the dry ingredients into the wet and mix thoroughly until a thick dough is formed. Line a baking sheet with parchment. Drop heaped tbsps onto the sheet, leaving a 5cm (2in) space around each one, and press down lightly.
- ☐ Bake for 15–20 mins until lightly browned. Cool.

Nutrition Facts



Properties

Glycemic Index:16.05, Glycemic Load:1.9, Inflammation Score:-2, Nutrition Score:5.1769565862158%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg

Nutrients (% of daily need)

Calories: 177.25kcal (8.86%), Fat: 10.42g (16.03%), Saturated Fat: 5.84g (36.52%), Carbohydrates: 19.16g (6.39%), Net Carbohydrates: 17.13g (6.23%), Sugar: 8.37g (9.3%), Cholesterol: 23.71mg (7.9%), Sodium: 118.87mg (5.17%), Alcohol: 0.09g (100%), Alcohol %: 0.28% (100%), Protein: 3.06g (6.11%), Manganese: 0.65mg (32.56%), Selenium: 7.37µg (10.53%), Phosphorus: 82.09mg (8.21%), Fiber: 2.03g (8.12%), Magnesium: 27.2mg (6.8%), Copper: 0.13mg (6.42%), Vitamin B1: 0.08mg (5.26%), Zinc: 0.73mg (4.88%), Calcium: 48.48mg (4.85%), Iron: 0.83mg (4.6%), Vitamin B6: 0.08mg (3.92%), Vitamin A: 174.96IU (3.5%), Potassium: 122.63mg (3.5%), Vitamin B2: 0.05mg (3.05%), Folate: 11.12µg (2.78%), Vitamin B3: 0.51mg (2.54%), Vitamin B5: 0.24mg (2.41%), Vitamin E: 0.35mg (2.33%), Vitamin K: 1.16µg (1.1%)