



Ranger Cookies

 Dairy Free

READY IN



90 min.

SERVINGS



54

CALORIES



109 kcal

DESSERT

Ingredients

- ☐ 2 cups brown sugar packed
- ☐ 1 cup butter softened
- ☐ 1 teaspoon vanilla
- ☐ 2 eggs
- ☐ 2 cups flour whole wheat
- ☐ 2 cups oats
- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda

- ☐ 1.5 cups corn flakes/bran flakes
- ☐ 1 cup roasted peanuts salted

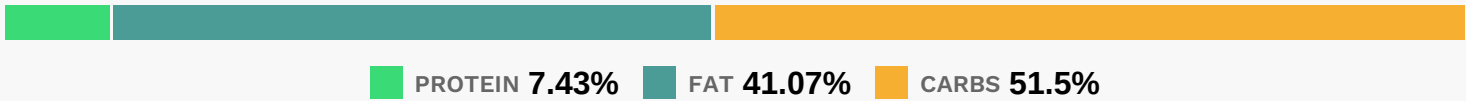
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 350°F. In large bowl, mix brown sugar, butter, vanilla and eggs with spoon. Stir in flour, oats, baking powder and baking soda. Stir in cereal and peanuts.
- ☐ Shape dough by rounded teaspoonfuls into balls. On ungreased cookie sheets, place balls about 2 inches apart. Flatten slightly with greased bottom of glass dipped in sugar.
- ☐ Bake 10 to 12 minutes or until set. Cool 1 minute; remove from cookie sheets to cooling racks.

Nutrition Facts



Properties

Glycemic Index:4.25, Glycemic Load:1.67, Inflammation Score:-3, Nutrition Score:3.5882609374011%

Nutrients (% of daily need)

Calories: 109.32kcal (5.47%), Fat: 5.21g (8.01%), Saturated Fat: 1.01g (6.34%), Carbohydrates: 14.69g (4.9%), Net Carbohydrates: 13.48g (4.9%), Sugar: 8.19g (9.1%), Cholesterol: 6.06mg (2.02%), Sodium: 90.25mg (3.92%), Alcohol: 0.03g (100%), Alcohol %: 0.13% (100%), Protein: 2.12g (4.24%), Manganese: 0.42mg (20.95%), Selenium: 5.15µg (7.36%), Magnesium: 22.37mg (5.59%), Phosphorus: 51.22mg (5.12%), Fiber: 1.2g (4.81%), Iron: 0.77mg (4.26%), Vitamin B3: 0.85mg (4.23%), Vitamin B1: 0.06mg (4.17%), Vitamin A: 187.34IU (3.75%), Folate: 14.62µg (3.66%), Copper: 0.06mg (2.89%), Vitamin B6: 0.05mg (2.67%), Zinc: 0.34mg (2.3%), Vitamin B2: 0.04mg (2.23%), Potassium: 68.76mg (1.96%), Calcium: 19.41mg (1.94%), Vitamin E: 0.21mg (1.39%), Vitamin B5: 0.13mg (1.35%), Vitamin B12: 0.07µg (1.24%)