



Spelt Oatmeal Raisin Cookies

 Dairy Free

READY IN



60 min.

SERVINGS



24

CALORIES



127 kcal

DESSERT

Ingredients

- ☐ 0.3 cup apple sauce
- ☐ 0.5 teaspoon baking soda
- ☐ 1 cup banana mashed
- ☐ 0.8 cup brown sugar
- ☐ 1 eggs
- ☐ 1 teaspoon ground cinnamon
- ☐ 1 tablespoon maple syrup
- ☐ 0.5 cup raisins

- ☐ 1.8 cups rolled oats
- ☐ 1 teaspoon salt
- ☐ 1.5 cups rice flour
- ☐ 0.3 cup vegetable shortening

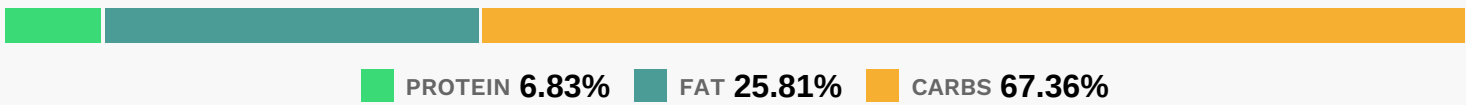
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ wire rack

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Mix spelt flour, salt, cinnamon, and baking soda together in a bowl.
- ☐ Mix banana, brown sugar, shortening, applesauce, egg, and maple syrup together in a separate bowl; add to flour mixture. Stir to combine. Fold in oats and raisins. Drop tablespoonfuls of batter onto an ungreased baking sheet.
- ☐ Bake cookies in the preheated oven until the edges are light brown, about 12 minutes. Cool completely on a wire rack.

Nutrition Facts



Properties

Glycemic Index:8.13, Glycemic Load:3.88, Inflammation Score:-1, Nutrition Score:2.6965217739344%

Flavonoids

Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 127.49kcal (6.37%), Fat: 3.71g (5.71%), Saturated Fat: 0.85g (5.32%), Carbohydrates: 21.78g (7.26%), Net Carbohydrates: 19.65g (7.15%), Sugar: 8.7g (9.66%), Cholesterol: 6.82mg (2.27%), Sodium: 126.03mg (5.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.21g (4.41%), Manganese: 0.29mg (14.39%), Fiber: 2.13g (8.51%), Iron: 0.81mg (4.52%), Selenium: 2.48µg (3.54%), Phosphorus: 32.7mg (3.27%), Magnesium: 12.76mg (3.19%), Potassium: 96.32mg (2.75%), Vitamin B6: 0.05mg (2.65%), Vitamin B2: 0.04mg (2.44%), Vitamin B1: 0.04mg (2.42%), Copper: 0.05mg (2.27%), Zinc: 0.27mg (1.79%), Vitamin K: 1.73µg (1.65%), Vitamin B5: 0.16mg (1.57%), Vitamin E: 0.24mg (1.57%), Calcium: 13.09mg (1.31%), Vitamin C: 1.02mg (1.23%), Folate: 4.89µg (1.22%)