



Toasted Coconut Cookies

 Dairy Free

READY IN



45 min.

SERVINGS



48

CALORIES



62 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.3 cup butter softened
- ☐ 0.5 teaspoon coconut extract
- ☐ 0.5 cup rice cereal crispy
- ☐ 1 large eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 0.5 cup regular oats uncooked

- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup shortening
- ☐ 1 cup sugar
- ☐ 1 cup coconut or sweetened flaked

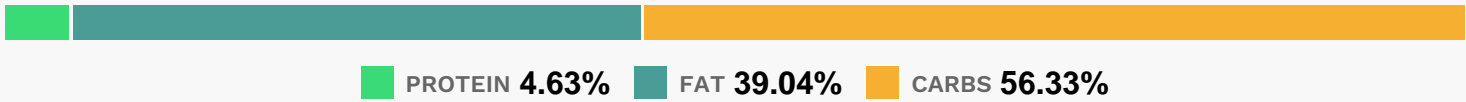
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ hand mixer

Directions

- ☐ Beat softened butter and shortening at medium speed with an electric mixer until fluffy; gradually add sugar, beating until blended.
- ☐ Add egg and coconut extract, beating well.
- ☐ Combine flour, baking powder, soda, and salt; gradually add to butter mixture, beating well after each addition. Stir in coconut, cereal, and oats.
- ☐ Drop dough by heaping teaspoonfuls onto lightly greased baking sheets.
- ☐ Bake at 325 for 12 to 14 minutes or until golden.
- ☐ Let cool slightly on baking sheets; remove to wire racks to cool completely.

Nutrition Facts



Properties

Glycemic Index:5.77, Glycemic Load:5.28, Inflammation Score:-1, Nutrition Score:1.1082608686841%

Nutrients (% of daily need)

Calories: 61.9kcal (3.1%), Fat: 2.72g (4.19%), Saturated Fat: 0.98g (6.13%), Carbohydrates: 8.84g (2.95%), Net Carbohydrates: 8.47g (3.08%), Sugar: 4.84g (5.38%), Cholesterol: 3.88mg (1.29%), Sodium: 62.36mg (2.71%), Alcohol: 0.02g (100%), Alcohol %: 0.16% (100%), Protein: 0.73g (1.45%), Manganese: 0.07mg (3.75%), Selenium: 2.22µg (3.17%), Vitamin B1: 0.04mg (2.43%), Folate: 8.27µg (2.07%), Vitamin B2: 0.03mg (1.61%), Iron: 0.28mg (1.56%), Fiber: 0.37g (1.48%), Phosphorus: 13.85mg (1.38%), Vitamin B3: 0.26mg (1.3%)