



Vegan Barley Flour Cookies

 Dairy Free

READY IN



32 min.

SERVINGS



20

CALORIES



133 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon baking soda
- ☐ 0.8 cup barley flour whole
- ☐ 0.3 cup brown sugar
- ☐ 0.3 cup carob chips
- ☐ 0.3 cup cranberries dried
- ☐ 1.5 teaspoons energ egg replacer
- ☐ 0.3 cup granulated sugar
- ☐ 0.3 cup butter

- ☐ 0.3 cup peanut butter
- ☐ 0.5 cup rice krispies
- ☐ 0.5 cup rolled oats
- ☐ 0.3 teaspoon salt
- ☐ 0.5 teaspoon vanilla extract
- ☐ 0.5 cup walnuts
- ☐ 1 teaspoon water

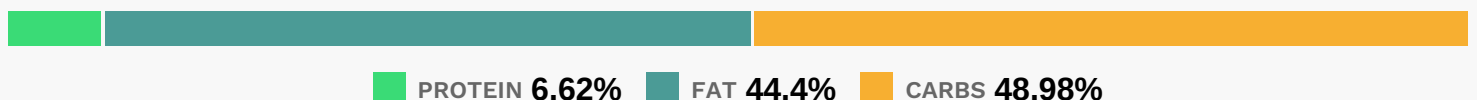
Equipment

- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ mixing bowl
- ☐ wire rack
- ☐ blender

Directions

- ☐ Preheat the oven at 375F (190C) for 15 minutes. Grease with non stick spray or line baking sheets with parchment paper. In a large mixing bowl add peanut butter, margarine and sugars. Beat together well until smooth and creamy. In a blender (I used the small jar of my Magic Bullet), blend together the egg replacer and warm water until it's frothy. To the creamed sugar mixture add the egg replacer liquid and vanilla. Beat once again until it's combined well. To this add the barley flour, baking soda and salt and stir well.
- ☐ Add remaining ingredients and mix well. Spoon the batter onto a cookie sheet and bake for 10 to 12 minutes. I took mine out after 11 minutes. Leave the cookies on the sheet for 5 minutes. Then transfer it to a cooling rack for the cookies to cool completely.
- ☐ Transfer the cooled cookies to an airtight container.

Nutrition Facts



Properties

Glycemic Index:11.02, Glycemic Load:5.64, Inflammation Score:-2, Nutrition Score:3.4534782339697%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 132.9kcal (6.65%), Fat: 6.81g (10.47%), Saturated Fat: 1.68g (10.48%), Carbohydrates: 16.9g (5.63%), Net Carbohydrates: 15.61g (5.68%), Sugar: 9.31g (10.35%), Cholesterol: 0.02mg (0.01%), Sodium: 104.93mg (4.56%), Alcohol: 0.03g (100%), Alcohol %: 0.15% (100%), Protein: 2.28g (4.57%), Manganese: 0.3mg (14.86%), Fiber: 1.28g (5.14%), Phosphorus: 50.43mg (5.04%), Vitamin B3: 1mg (4.98%), Magnesium: 19.69mg (4.92%), Copper: 0.1mg (4.77%), Selenium: 3.28µg (4.69%), Vitamin E: 0.7mg (4.64%), Vitamin B1: 0.06mg (3.96%), Vitamin B6: 0.08mg (3.79%), Iron: 0.65mg (3.62%), Zinc: 0.45mg (3%), Vitamin A: 148.87IU (2.98%), Folate: 11.54µg (2.89%), Calcium: 23.23mg (2.32%), Potassium: 77.72mg (2.22%), Vitamin B2: 0.04mg (2.07%), Vitamin B5: 0.11mg (1.13%)