



Vegan Cinnamon No Bakes



Gluten Free



Dairy Free



Low Fod Map

READY IN



15 min.

SERVINGS



16

CALORIES



200 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup dairy-free margarine / buttery spread (or vegetable oil, cookies will turn out stickier but just as tasty)
- ☐ 0.5 cup so delicious dairy free original culinary coconut milk
- ☐ 4 teaspoons ground cinnamon
- ☐ 3 cups oats
- ☐ 2 cups sugar
- ☐ 1 teaspoon vanilla extract

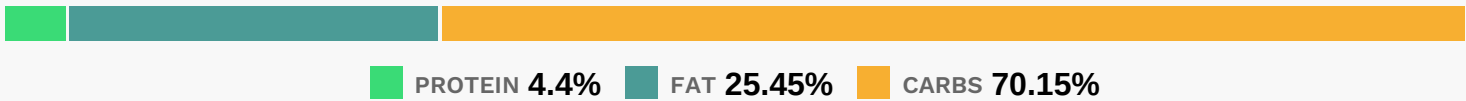
Equipment

☐ baking sheet

Directions

- ☐ Bring sugar, spread (or oil), coconut milk, and cinnamon to a boil over medium-high heat. Boil for 3 minutes, stirring constantly.
- ☐ Remove from heat and stir in vanilla and oats. Drop mixture by tablespoons onto a non-greased baking sheet. Allow to cool.

Nutrition Facts



Properties

Glycemic Index:9.28, Glycemic Load:21.04, Inflammation Score:-3, Nutrition Score:4.8747826762821%

Nutrients (% of daily need)

Calories: 200.32kcal (10.02%), Fat: 5.79g (8.91%), Saturated Fat: 1.36g (8.53%), Carbohydrates: 35.89g (11.96%), Net Carbohydrates: 34.06g (12.39%), Sugar: 25.33g (28.14%), Cholesterol: 0mg (0%), Sodium: 50.55mg (2.2%), Alcohol: 0.09g (100%), Alcohol %: 0.2% (100%), Protein: 2.25g (4.51%), Manganese: 0.64mg (32.04%), Vitamin E: 1.63mg (10.85%), Fiber: 1.83g (7.32%), Selenium: 4.73µg (6.76%), Phosphorus: 62.95mg (6.29%), Vitamin A: 300.18IU (6%), Magnesium: 21.31mg (5.33%), Vitamin B1: 0.07mg (4.98%), Vitamin K: 4.38µg (4.17%), Iron: 0.74mg (4.09%), Zinc: 0.58mg (3.89%), Copper: 0.07mg (3.61%), Vitamin B2: 0.04mg (2.55%), Calcium: 23.52mg (2.35%), Vitamin B3: 0.42mg (2.1%), Potassium: 70.43mg (2.01%), Folate: 7.25µg (1.81%), Vitamin B5: 0.17mg (1.72%), Vitamin B6: 0.03mg (1.66%), Vitamin B12: 0.08µg (1.33%)