



Vegan Oatmeal Cranberry Cookies

 Dairy Free

READY IN



30 min.

SERVINGS



40

CALORIES



109 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon baking soda
- ☐ 0.8 cup brown sugar dark (I used brown)
- ☐ 1 cup cranberries dried
- ☐ 0.3 cup granulated sugar
- ☐ 0.8 teaspoon ground allspice
- ☐ 0.5 cup non dairy milk (I used almond milk)
- ☐ 1 cup pecans chopped (optional, but I would recommend using)
- ☐ 3 cups cooking oats quick

- ☐ 1 teaspoon vanilla extract
- ☐ 0.8 cup vegan margarine (I used Becel Vegan Spread)
- ☐ 1 cup flour whole wheat (I used flour)

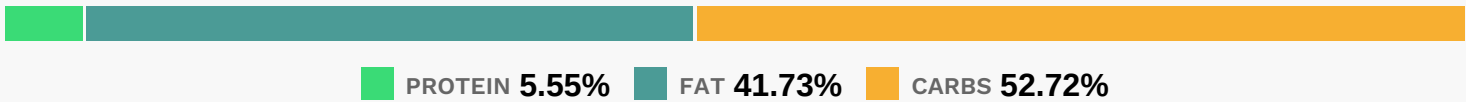
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ wire rack

Directions

- ☐ Preheat oven to 350F/180C for 15 minutes.Cream together the margarine and sugars until smooth. Beat in the vanilla and milk.
- ☐ Add the flour, baking soda and spice; mix well.Stir in the oats, cranberries and pecans.Spoon tablespoonful of dough on ungreased cookies sheets (see My Notes) and bake between 12–15 minutes or until done. I baked 20 cookies at a time on a big cookie sheet. If you are using 2 sheets at once, shift cookie sheets halfway through baking.
- ☐ Remove the baking sheets from the oven and stand the cookies on the sheet itself for 2–3 minutes before transferring it to the cooling rack and let it cool completely.

Nutrition Facts



Properties

Glycemic Index:4.84, Glycemic Load:3.53, Inflammation Score:-2, Nutrition Score:3.7534782646791%

Flavonoids

Cyanidin: 0.31mg, Cyanidin: 0.31mg, Cyanidin: 0.31mg, Cyanidin: 0.31mg Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 109.43kcal (5.47%), Fat: 5.29g (8.14%), Saturated Fat: 0.97g (6.04%), Carbohydrates: 15.05g (5.02%), Net Carbohydrates: 13.71g (4.99%), Sugar: 8.16g (9.07%), Cholesterol: 0mg (0%), Sodium: 44.13mg (1.92%), Alcohol: 0.03g (100%), Alcohol %: 0.16% (100%), Protein: 1.58g (3.17%), Manganese: 0.52mg (25.91%), Vitamin E: 1.06mg (7.06%), Magnesium: 24.38mg (6.1%), Selenium: 4.17µg (5.96%), Fiber: 1.33g (5.34%), Phosphorus: 46.73mg (4.67%), Vitamin B1: 0.07mg (4.54%), Copper: 0.08mg (3.77%), Vitamin A: 175.42IU (3.51%), Iron: 0.52mg (2.88%), Vitamin K: 2.93µg (2.79%), Zinc: 0.41mg (2.72%), Vitamin B3: 0.35mg (1.75%), Vitamin B6: 0.03mg (1.69%), Potassium: 56.72mg (1.62%), Calcium: 13.89mg (1.39%), Vitamin B2: 0.02mg (1.35%), Folate: 4.86µg (1.22%)