



Whole Wheat and Barley Rangers

 Vegetarian

READY IN



45 min.

SERVINGS



18

CALORIES



149 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 1 oz barley flour
- ☐ 0.5 cup firmly brown sugar light packed
- ☐ 0.5 cup coconut or flaked
- ☐ 1 large eggs
- ☐ 0.5 cup granulated sugar
- ☐ 1 cup old fashion oatmeal

- ☐ 1 cup rice krispies
- ☐ 4 oz butter unsalted room temperature
- ☐ 0.5 teaspoon vanilla extract
- ☐ 3.5 oz hodgson millwhole wheat pastry flour

Equipment

- ☐ baking sheet
- ☐ oven
- ☐ mixing bowl
- ☐ wire rack
- ☐ blender
- ☐ hand mixer

Directions

- ☐ Preheat oven to 350°F. Have ready two ungreased baking sheets.
- ☐ Mix the whole wheat pastry flour, barley flour, baking powder, baking soda and salt together in a medium size bowl. In a mixing bowl using an electric mixer, beat the cool butter until it is creamy.
- ☐ Add the sugar and beat until creamy.
- ☐ Add the vanilla, then add the egg and beat just until it is blended in. By hand or using lowest speed of the mixer, add the flour and stir until blended.
- ☐ Add the oats, coconut and Rice Krispies and stir until blended. Using a heaping tablespoon (which is actually about 2 level tablespoons and weighed a little over an ounce), scoop up the dough and shape into balls. Press the balls slightly to make circles and arrange about 2 ½ inches apart on the ungreased baking sheets. Alternatively, you can just shape the dough, flatten it into circles, then chill until ready to use or freeze and bake as needed.
- ☐ Bake the cookies one sheet at a time for 13–15 minutes (watch closely after 12 minutes).
- ☐ Let cool on baking sheet for about 2 minutes, then transfer to a wire rack to cool completely.

Nutrition Facts



 PROTEIN **4.94%**  FAT **42.7%**  CARBS **52.36%**

Properties

Glycemic Index:16.61, Glycemic Load:5.47, Inflammation Score:-3, Nutrition Score:4.1591304074163%

Nutrients (% of daily need)

Calories: 148.99kcal (7.45%), Fat: 7.31g (11.24%), Saturated Fat: 4.75g (29.69%), Carbohydrates: 20.16g (6.72%), Net Carbohydrates: 18.8g (6.84%), Sugar: 11.9g (13.22%), Cholesterol: 23.88mg (7.96%), Sodium: 52.47mg (2.28%), Alcohol: 0.04g (100%), Alcohol %: 0.11% (100%), Protein: 1.9g (3.8%), Manganese: 0.41mg (20.31%), Selenium: 6.46µg (9.24%), Iron: 1.01mg (5.62%), Vitamin A: 276.41IU (5.53%), Fiber: 1.36g (5.44%), Phosphorus: 49.61mg (4.96%), Vitamin B1: 0.07mg (4.92%), Vitamin E: 0.66mg (4.39%), Magnesium: 16.15mg (4.04%), Vitamin B6: 0.08mg (4.02%), Folate: 14.59µg (3.65%), Vitamin B3: 0.71mg (3.54%), Copper: 0.07mg (3.28%), Vitamin B2: 0.05mg (3.02%), Zinc: 0.42mg (2.78%), Vitamin B12: 0.15µg (2.46%), Potassium: 62.48mg (1.79%), Vitamin D: 0.25µg (1.64%), Vitamin B5: 0.16mg (1.62%), Calcium: 15.71mg (1.57%), Vitamin C: 1.02mg (1.24%)