

COCONUT OATMEAL COOKIES WITH COCONUT OIL – BAKING RECIPES



Coconut oatmeal cookies are soft and chewy and rich in taste. They taste like a regular soft and buttery cookie but the inclusion of coconut, in the form of coconut oil and coconut flakes (although you can't taste it but it gives these cookies a deep caramel richness and chewy bite. My husband really loved it..Very easy to make in a very less time..

Ingredients

3 Tbsp of All Purpose Flour / Maida

2/3 Cups of Quick Cooking Oats
3 Tbsp of Extra Virgin Coconut Oil
1/4 Cup + 1 Tbsp of Sweetened Coconut Flakes
3 Tbsp of White Granulated Sugar
1/4 Tsp of Salt
1 and 1/2 Tbsp of Milk (Full Fat)

Method

- **Preheat oven to 350 degree F.**
- **In a bowl, mix sugar and oil together with a fork or wire whisk.**



- **Then add flour, oats, coconut flakes, salt and milk to sugar- oil mixture. Mix well with spatula or fork.**



- Drop by rounded tablespoonful onto greased baking sheets, 2 inches apart and flatten it slightly with a fork.
- Bake it for 15 – 20 mins or until bottoms turn golden brown. Mine turned golden brown after 15 mins.
- Let the cookies cool down for 10 mins. Then carefully lift the cookies with a spatula and transfer to a cool, flat surface and enjoy....

Yield : 10 Cookies



Tips

- Store it in airtight container after they cooled down.
- You can also use some more coconut flakes on top of the cookie on the baking sheet before baking.
- Use butter or any vegetable oil instead of coconut oil.

- Use agave or brown sugar instead of white sugar.



Health Benefits of Coconut and Oats.

COCONUT

- Coconut oil boosts the immune system by producing disease fighting substance called LAURIC ACID.
- Full of antioxidants.
- Good for skin.

OATS

- Lowers bad cholesterol and pressure.
- Improves insulin sensitivity.
- Increases appetite controlling hormone.
- High in fiber.

COCONUT OATMEAL COOKIES



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sending recipe to

JR



sending recipe to [what is with my cuppa](#) and [nupur page](#)



[EGGLESS VANILLA MUFFINS / CUPCAKES – Step by step procedure](#)

Hi Friends,

I'm really excited to write my 100th post. Its been 4 months since I started my blog. I'm very happy that I shared and posted almost 100 posts. Thanks for the comments,

support and appreciation as I continue travelling in my culinary journey. Thank you everyone ☺ ☺

Gayathri Ramanan



Ingredients

Maida – 1 and 1/2 Cups

Thick Yogurt or Curd – 1 Cup

Sugar – 3/4 – 1 Cup

Baking Soda – 1/2 Tsp

Baking Powder – 1 and 1/4 Tsp

Cooking Oil – 1/2 Cup

Vanilla Essence – 1 and 1/2 Tsp

Milk – 1 Tbsp for brushing the top.

Method

- **In a bowl, add sugar and curd or yogurt, wait until all sugar completely dissolves. Now add baking powder, baking soda to the sugar-curd mixture and stir well.**



- **Keep it aside for 3 – 5 mins and you can able to see the bubbles appears at the top. Now add the vanilla essence, cooking oil and stir well.**
- **Add maida, slowly to the sugar – yogurt mixture. Beat well with a whisk or forks until it turns thick and creamy as you see in the pic.**



- **Preheat oven to 400 degree F for 10mins. Meanwhile place the muffin liners in the muffin pan and pour the batter to the muffin liners in the muffin pan and keep it**

ready .



- Bake in preheated oven at 400 degree F for 10 mins, then reduce the temperature to 350 deg F and bake it for 30-35 mins. Check it by inserting fork or tooth prick in the center of the muffin, if it comes out clean, then your muffin is ready. Just brush the top of the muffin with 1 tbsp milk, 10mins before the ending time to get a nice polishing glaze.
- Allow the muffin to cool down for 10mins, then carefully take it out from the pan and enjoy !!!!

Eggless Vanilla Cupcakes



Tips

- Don't keep the batter to sit for long time after mixing, as baking soda reacts faster and makes your muffin harder.
- If you don't have muffin liner, just grease the pan with some oil.
- You can also add nuts to the batter, for extra richness and crunchiness.

Health benefits of Vanilla

- Vanilla extract contains small amounts of B-complex groups of vitamins such as niacin, pantothenic acid, thiamin, riboflavin and vitamin B-6.
- Reduces anxiety and stress
- Vanilla extract has been used to help calm patients with queasy stomachs.



Eggless Vanilla Cupcakes

Recipe Source : Sharmi's Passion

Hi Friends,

Thank you for reading my post. Your comments and feedback is very valuable and highly appreciated. Please leave your valuable comments and feedback for this post. Thanks Gayathri.

Eggless Chocolate Muffins -
Muffins Recipes



I love baking bread and cake at home but it had been a long time passion to make muffins in my home but after long wait, I made this yummy and moist muffins. I searched so many recipes in google but I wanted to try eggless so I got this recipe from this [blog](#). This recipe is very simple and delicious in taste.

Ingredients

- 3/4 Cup of All Purpose Flour**
- 2 & 1/2 Tbsp of Cocoa Powder (I used Swiss Miss)**
- 1/4 Cup + 2 Tbsp of Sugar**
- 1/2 Tsp of Baking Soda**
- 1/4 Tsp of Salt**
- 1/4 Cup of Oil**
- 1/2 Cup of Milk**
- 1 Tsp of Vanilla Essence**

1 Tsp of Lemon Juice or Vinegar

Method



- Sieve flour, baking soda, cocoa powder together in a bowl and then mix salt and sugar.
- In another bowl mix oil, water and vanilla.
- Now add oil-water mixture to a bowl containing flour.
- Pre-heat oven to 375 degree F. Meanwhile add lemon juice to a batter bowl and stir well.



- Pour the batter to a muffin liners in the muffin pan. Fill just 3/4th of the liners.



- **Now keep muffin pan in oven and bake for 20-24 mins.**



- **Check it by inserting tooth prick if it comes out clean then your muffins are done.**

Eggless Chocolate Muffins



foody-buddy.blogspot.com

- **Cool down the muffins for 20- 30 min and then carefully take it out from muffin pan.**

Tips

- **For more sweetness, add condensed milk instead of sugar.**
- **You can add nuts if you want.**
- **You can use apple cider vinegar instead of lemon juice.**
- **It taste even better the next day.**



Eggless Chocolate Muffins

Health Benefits of Chocolate Muffins

- Adding cocoa in muffin is associated with decreased blood pressure, improved blood vessel improvement and improvement in cholesterol levels.

sending this recipe to

Kitchen Chronicles's "Tried and Tasted"



HOSTED BY

NIVEDHANAMS

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