



## All-Bran® Refrigerator Cookies

READY IN



45 min.

SERVINGS



84

CALORIES



42 kcal

DESSERT

### Ingredients

- 2 teaspoons double-acting baking powder
- 0.3 teaspoon baking soda
- 1 cup all-bran® original bran buds®
- 1 cup firmly brown sugar packed
- 0.8 cup butter
- 1 eggs
- 1 tablespoon milk fat free
- 2 cups flour all-purpose
- 0.5 cup granulated sugar

1 teaspoon vanilla

## Equipment

baking sheet

oven

mixing bowl

plastic wrap

## Directions

Stir together flour, baking powder and baking soda. Set aside.

In large mixing bowl beat together butter, brown sugar and granulated sugar until thoroughly mixed.

Add egg, milk and vanilla. Beat well. Stir in Kellogg's® All-Bran® cereal and flour mixture, mixing until combined.

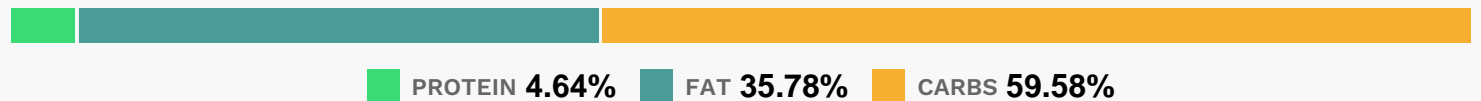
Shape dough into two 10 1/2-inch-long rolls. Wrap in plastic wrap, covering ends carefully. Refrigerate at least 2 hours or until firm.

Slice cookie rolls about 1/4 inch thick and place on ungreased baking sheet.

Bake at 375 degrees F about 9 minutes or until golden brown.

Remove from baking sheets and cool on wire racks. Store in airtight container.

## Nutrition Facts



## Properties

Glycemic Index:3.72, Glycemic Load:2.56, Inflammation Score:-1, Nutrition Score:1.0986956476193%

## Nutrients (% of daily need)

Calories: 42.43kcal (2.12%), Fat: 1.74g (2.68%), Saturated Fat: 0.36g (2.27%), Carbohydrates: 6.53g (2.18%), Net Carbohydrates: 6.16g (2.24%), Sugar: 3.76g (4.17%), Cholesterol: 1.95mg (0.65%), Sodium: 34.1mg (1.48%), Alcohol: 0.02g (100%), Alcohol %: 0.2% (100%), Protein: 0.51g (1.02%), Manganese: 0.1mg (5.08%), Selenium: 1.75µg (2.5%), Vitamin B1: 0.03mg (1.83%), Folate: 6.29µg (1.57%), Vitamin A: 75.75IU (1.52%), Fiber: 0.38g (1.5%), Phosphorus: 14.08mg (1.41%), Iron: 0.25mg (1.39%), Vitamin B3: 0.27mg (1.37%), Magnesium: 5.29mg (1.32%), Vitamin B2: 0.02mg

(1.31%)