



## Almond Butter Breakfast Cookies

 Dairy Free

READY IN



50 min.

SERVINGS



42

CALORIES



83 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

### Ingredients

- 0.5 cup brown sugar packed
- 0.5 cup butter softened
- 0.3 cup smooth almond butter unsalted
- 1 teaspoon vanilla
- 1 eggs
- 0.8 cup flour whole wheat white
- 2 tablespoons ground flaxseed
- 0.5 teaspoon baking soda

- 0.5 teaspoon sea salt fine
- 0.5 teaspoon ground cinnamon
- 0.3 teaspoon ground ginger
- 1.3 cups rolled oats
- 0.8 cup blueberries dried
- 0.8 cup almonds toasted chopped

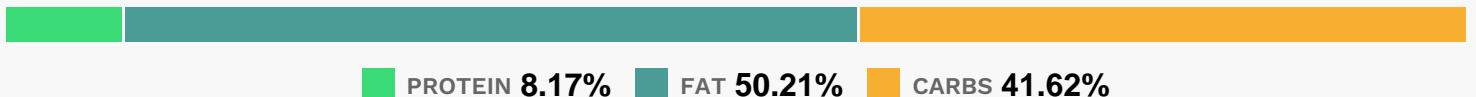
## Equipment

- bowl
- baking sheet
- oven
- wire rack
- hand mixer

## Directions

- Heat oven to 350°F. In large bowl, beat brown sugar, butter, almond butter, vanilla and egg with electric mixer on medium speed until creamy. Stir in flour, flax seed, baking soda, sea salt, cinnamon and ginger until well blended. Stir in oats, cranberries and almonds.
- On ungreased cookie sheets, drop dough by level measuring tablespoonfuls about 2 inches apart.
- Bake 7 to 10 minutes or until edges are light golden brown. Cool 2 minutes; remove from cookie sheets to cooling rack. Cool completely. Store tightly covered.

## Nutrition Facts



## Properties

Glycemic Index:2.07, Glycemic Load:0.58, Inflammation Score:-1, Nutrition Score:2.3165217191791%

## Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## **Nutrients (% of daily need)**

Calories: 83.24kcal (4.16%), Fat: 4.78g (7.36%), Saturated Fat: 0.68g (4.26%), Carbohydrates: 8.92g (2.97%), Net Carbohydrates: 7.52g (2.74%), Sugar: 4.26g (4.74%), Cholesterol: 3.9mg (1.3%), Sodium: 69.52mg (3.02%), Alcohol: 0.03g (100%), Alcohol %: 0.23% (100%), Protein: 1.75g (3.5%), Manganese: 0.2mg (9.82%), Vitamin E: 1.12mg (7.47%), Fiber: 1.39g (5.57%), Magnesium: 16.18mg (4.04%), Phosphorus: 34.72mg (3.47%), Vitamin B2: 0.05mg (3.13%), Copper: 0.06mg (2.8%), Iron: 0.41mg (2.29%), Calcium: 20.85mg (2.08%), Vitamin A: 102.44IU (2.05%), Potassium: 71.55mg (2.04%), Selenium: 1.28µg (1.83%), Zinc: 0.25mg (1.64%), Vitamin B1: 0.02mg (1.54%)