



Almond Butter Breakfast Cookies



Dairy Free



Popular

READY IN



50 min.

SERVINGS



42

CALORIES



80 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 0.3 cup smooth almond butter unsalted
- ☐ 0.8 cup almonds toasted chopped
- ☐ 0.5 teaspoon baking soda
- ☐ 0.5 cup brown sugar packed
- ☐ 0.5 cup butter softened
- ☐ 0.8 cup cranberries dried
- ☐ 1 eggs
- ☐ 0.8 cup flour whole wheat white

- ☐ 0.5 teaspoon ground cinnamon
- ☐ 2 tablespoons ground flaxseed
- ☐ 0.3 teaspoon ground ginger
- ☐ 1.3 cups oats
- ☐ 0.5 teaspoon sea salt fine
- ☐ 1 teaspoon vanilla

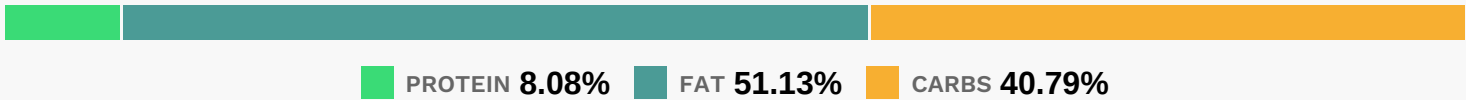
Equipment

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

Directions

- ☐ Heat oven to 350F. 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:2.2817391456793%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg 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 Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 79.9kcal (4%), Fat: 4.73g (7.28%), Saturated Fat: 0.68g (4.28%), Carbohydrates: 8.49g (2.83%), Net Carbohydrates: 7.34g (2.67%), Sugar: 4.33g (4.82%), Cholesterol: 3.9mg (1.3%), Sodium: 68.91mg (3%), Alcohol: 0.03g (100%), Alcohol %: 0.23% (100%), Protein: 1.68g (3.37%), Manganese: 0.2mg (10.1%), Vitamin E: 1.17mg (7.77%), Fiber: 1.15g (4.6%), Magnesium: 16.26mg (4.07%), Phosphorus: 34.89mg (3.49%), Vitamin B2: 0.05mg (3.17%), Copper: 0.06mg (2.86%), Iron: 0.37mg (2.05%), Vitamin A: 102.44IU (2.05%), Calcium: 19.61mg (1.96%), Selenium: 1.3µg (1.85%), Zinc: 0.25mg (1.66%), Vitamin B1: 0.02mg (1.56%), Potassium: 51.18mg (1.46%)