



Almond Butter Cookies



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



45

CALORIES



55 kcal

DESSERT

Ingredients

- ☐ 0.3 cup smooth almond butter
- ☐ 0.3 teaspoon almond extract
- ☐ 0.3 teaspoon cinnamon
- ☐ 1 cup cherries dried
- ☐ 2 tablespoons maple syrup
- ☐ 0.5 cup medjool dates dried pitted
- ☐ 0.5 cup oats
- ☐ 1.5 cups almonds raw whole

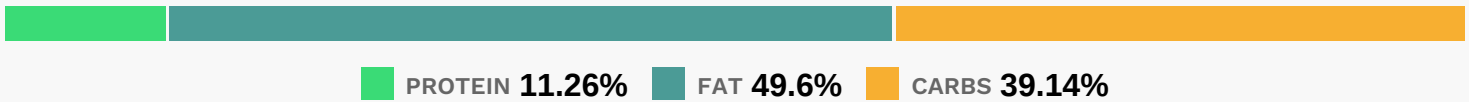
Equipment

- ☐ food processor
- ☐ baking sheet
- ☐ plastic wrap

Directions

- ☐ Line a baking sheet with parchment. Blend first 6 ingredients (through cinnamon) in a food processor until smooth. If necessary, add water 1 tsp. at a time until mixture holds together. Pulse in cherries and oats.
- ☐ Roll tablespoonfuls of dough into balls; place on baking sheet. Flatten slightly. Cover with plastic wrap; refrigerate until firm, about 1 hour. Store between sheets of waxed paper or parchment in an airtight container in the refrigerator for up to 1 week.

Nutrition Facts



Properties

Glycemic Index:2.03, Glycemic Load:0.47, Inflammation Score:-2, Nutrition Score:2.4430434520802%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 55.12kcal (2.76%), Fat: 3.21g (4.94%), Saturated Fat: 0.25g (1.56%), Carbohydrates: 5.7g (1.9%), Net Carbohydrates: 4.5g (1.64%), Sugar: 3.29g (3.66%), Cholesterol: 0mg (0%), Sodium: 0.73mg (0.03%), Alcohol: 0.01g (100%), Alcohol %: 0.08% (100%), Protein: 1.64g (3.28%), Vitamin E: 1.56mg (10.4%), Manganese: 0.2mg (9.92%), Fiber: 1.2g (4.79%), Vitamin B2: 0.08mg (4.77%), Magnesium: 19.07mg (4.77%), Copper: 0.07mg (3.58%), Phosphorus: 34.7mg (3.47%), Calcium: 22.66mg (2.27%), Vitamin A: 98.15IU (1.96%), Iron: 0.32mg (1.8%), Potassium: 62.04mg (1.77%), Zinc: 0.24mg (1.61%), Vitamin B3: 0.25mg (1.27%), Vitamin B1: 0.02mg (1.06%)