



## Almond Butter Cookies with Toffee

READY IN



25 min.

SERVINGS



48

CALORIES



102 kcal

DESSERT

### Ingredients

- 1 cup no sugar added almond butter unsalted
- 0.8 teaspoon baking soda
- 0.5 cup brown sugar
- 0.5 cup butter softened
- 1 large eggs
- 0.8 cup flour all-purpose
- 2 tablespoons honey
- 3 tablespoons milk
- 1 teaspoon salt

- 0.5 cup granular sucrolose sweetener splenda® (such as )
- 1 cup toffee baking bits heath® (such as )
- 1 teaspoon vanilla extract
- 0.5 cup flour whole wheat

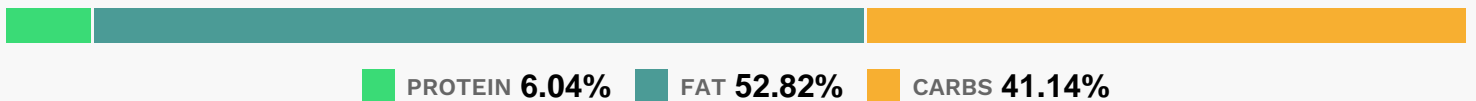
## Equipment

- bowl
- baking sheet
- oven

## Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Beat butter, brown sugar, and sweetener in a large bowl until light and fluffy. Beat almond butter, egg, milk, honey, and vanilla extract into butter mixture until smooth. Stir all-purpose flour, whole wheat flour, salt, and baking soda into almond butter mixture; fold in toffee bits until dough is just combined.
- Roll the dough into walnut-sized balls and place 2 inches apart on baking sheets. Press and flatten balls with a fork, creating a crosshatch.
- Bake in preheated oven until golden brown, 8 to 12 minutes.

## Nutrition Facts



## Properties

Glycemic Index:5.55, Glycemic Load:3.1, Inflammation Score:-2, Nutrition Score:2.4799999907289%

## Nutrients (% of daily need)

Calories: 101.56kcal (5.08%), Fat: 6.6g (10.16%), Saturated Fat: 2.5g (15.65%), Carbohydrates: 11.57g (3.86%), Net Carbohydrates: 9.36g (3.4%), Sugar: 6.87g (7.63%), Cholesterol: 14.2mg (4.73%), Sodium: 90.35mg (3.93%), Alcohol: 0.03g (100%), Alcohol %: 0.16% (100%), Protein: 1.7g (3.4%), Vitamin E: 1.38mg (9.22%), Manganese: 0.18mg (8.9%), Magnesium: 17.39mg (4.35%), Vitamin B2: 0.07mg (4.19%), Phosphorus: 38.32mg (3.83%), Copper: 0.06mg (2.95%), Fiber: 0.72g (2.9%), Selenium: 2µg (2.85%), Calcium: 24.76mg (2.48%), Vitamin A: 123.18IU (2.46%), Iron:

0.36mg (1.99%), Folate: 7.58 $\mu$ g (1.9%), Vitamin B3: 0.35mg (1.75%), Vitamin B1: 0.03mg (1.68%), Zinc: 0.25mg (1.64%), Potassium: 55.15mg (1.58%)