



Apple Peanut Butter Oatmeal Cookies



Vegetarian



Dairy Free

READY IN



35 min.

SERVINGS



24

CALORIES



249 kcal

DESSERT

Ingredients

- ☐ 2 apples cored peeled cut into small cubes
- ☐ 1.5 teaspoons baking soda
- ☐ 0.5 cup brown sugar
- ☐ 2 cups cinnamon applesauce
- ☐ 3 eggs
- ☐ 1 cup flax seed meal
- ☐ 1 cup flour all-purpose
- ☐ 1.5 teaspoons ground cinnamon

- ☐ 1 cup peanut butter
- ☐ 3 cups rolled oats
- ☐ 2 teaspoons vanilla extract
- ☐ 0.5 cup flour whole wheat

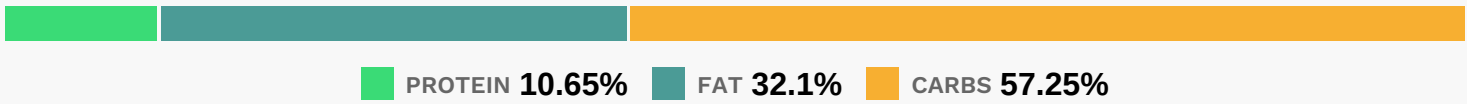
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Beat eggs, applesauce, peanut butter, brown sugar, and vanilla extract in a bowl until smooth.
- ☐ Combine oats, all-purpose flour, flax seed meal, whole wheat flour, baking soda, and cinnamon in another bowl. Stir egg mixture into oat mixture and add apples; mix until evenly blended.
- ☐ Roll dough into golf ball-sized balls and place 2 inches apart onto baking sheets.
- ☐ Bake in preheated oven until cookies are golden, about 12 minutes.

Nutrition Facts



Properties

Glycemic Index:8.46, Glycemic Load:6.33, Inflammation Score:-5, Nutrition Score:15.629130319409%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg

Nutrients (% of daily need)

Calories: 248.78kcal (12.44%), Fat: 9.88g (15.19%), Saturated Fat: 1.71g (10.66%), Carbohydrates: 39.62g (13.21%), Net Carbohydrates: 24.95g (9.07%), Sugar: 7.87g (8.75%), Cholesterol: 20.46mg (6.82%), Sodium: 128.54mg (5.59%), Alcohol: 0.11g (100%), Alcohol %: 0.18% (100%), Protein: 7.37g (14.75%), Manganese: 4.3mg (215.2%), Fiber: 14.67g (58.67%), Calcium: 235.8mg (23.58%), Magnesium: 76.63mg (19.16%), Iron: 3.13mg (17.38%), Phosphorus: 160.81mg (16.08%), Vitamin B1: 0.23mg (15.56%), Selenium: 10.73µg (15.33%), Copper: 0.26mg (13.08%), Vitamin B3: 2.47mg (12.34%), Vitamin E: 1.61mg (10.73%), Zinc: 1.47mg (9.83%), Folate: 33.2µg (8.3%), Potassium: 282.09mg (8.06%), Vitamin B6: 0.15mg (7.54%), Vitamin K: 7.13µg (6.79%), Vitamin B2: 0.11mg (6.73%), Vitamin B5: 0.5mg (5.02%), Vitamin A: 96.64IU (1.93%), Vitamin C: 1.49mg (1.81%)