

Birthday Bones

 Vegetarian  Popular

READY IN



35 min.

SERVINGS



18

CALORIES



136 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 tablespoon double-acting baking powder
- 1 cup natural peanut butter unsalted
- 1 cup skim milk
- 2 cups flour whole wheat

Equipment

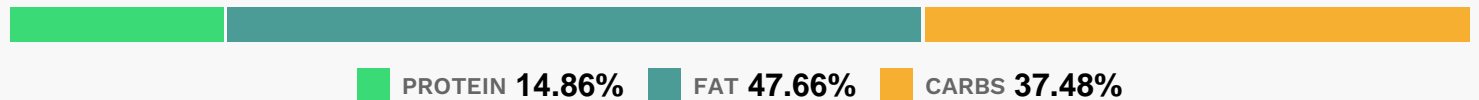
- bowl
- baking sheet
- oven

cookie cutter

Directions

- Preheat the oven to 375 degrees F (190 degrees C). Grease cookie sheets. Stir together the flour and baking powder; set aside.
- In a medium bowl, mix together the peanut butter and milk. Stir in the flour mixture until well blended. Turn out dough onto a lightly floured surface and knead until smooth.
- Roll out to 1/4 inch thickness and cut into shapes using cookie cutters.
- Place 2 inches apart onto the prepared cookie sheets.
- Bake for 20 minutes in the preheated oven, or until lightly brown.
- Remove from cookie sheets to cool on wire racks.

Nutrition Facts



Properties

Glycemic Index:6.96, Glycemic Load:0.39, Inflammation Score:-3, Nutrition Score:6.8978260587091%

Nutrients (% of daily need)

Calories: 136.03kcal (6.8%), Fat: 7.71g (11.86%), Saturated Fat: 1.54g (9.63%), Carbohydrates: 13.64g (4.55%), Net Carbohydrates: 11.5g (4.18%), Sugar: 2.25g (2.5%), Cholesterol: 0.41mg (0.14%), Sodium: 78.95mg (3.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.41g (10.82%), Manganese: 0.75mg (37.64%), Selenium: 9.1µg (13%), Vitamin B3: 2.55mg (12.77%), Phosphorus: 124.79mg (12.48%), Magnesium: 44.16mg (11.04%), Vitamin E: 1.4mg (9.33%), Fiber: 2.14g (8.58%), Calcium: 68.7mg (6.87%), Vitamin B1: 0.1mg (6.4%), Vitamin B6: 0.13mg (6.27%), Copper: 0.12mg (5.77%), Zinc: 0.77mg (5.12%), Folate: 18.61µg (4.65%), Iron: 0.8mg (4.46%), Potassium: 151.24mg (4.32%), Vitamin B2: 0.07mg (3.96%), Vitamin B5: 0.28mg (2.81%), Vitamin B12: 0.08µg (1.32%)