



WHATSheATE



Bonnie's Oatmeal Peanut Butter Cookies

 Dairy Free

READY IN



45 min.

SERVINGS



36

CALORIES



330 kcal

DESSERT

Ingredients

- ☐ 1 tsp double-acting baking powder
- ☐ 0.5 tsp baking soda
- ☐ 0.8 cup canola oil (I used regular vegetable oil)
- ☐ 1 tsp cinnamon
- ☐ 0.7 cup cranberries chopped (or chocolate chips)
- ☐ 2 large eggs
- ☐ 0.5 cup granulated sugar
- ☐ 1 cup brown sugar dark light (I used)

- ☐ 2 cups old fashioned oats
- ☐ 0.8 cup peanut butter
- ☐ 36 servings bonnie's peanut butter oatmeal rounds
- ☐ 0.5 tsp salt
- ☐ 1 tablespoon vanilla
- ☐ 0.7 cup walnuts or any other nut) chopped
- ☐ 1 cup pastry flour whole wheat

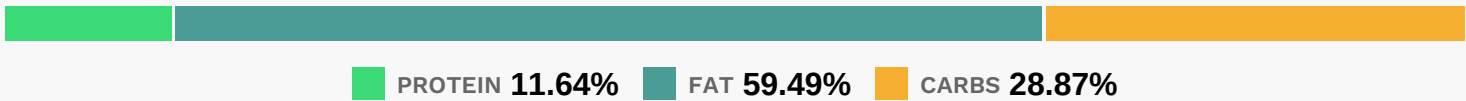
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 375 and have ready a couple of ungreased baking sheets. Beat together oil & peanut butter — I did this with a spoon rather.
- ☐ Add sugars, baking powder, soda, salt & cinnamon. Beat in eggs & vanilla. Stir in flour; then stir in oats, cranberries and nuts. Drop by rounded teaspoonfuls or level tablespoons onto the ungreased baking sheets and bake at 375 for 8–10 minutes or until lightly browned. I haven't baked all my dough yet, but the yield is probably around 36 cookies.

Nutrition Facts



Properties

Glycemic Index:7.09, Glycemic Load:3.96, Inflammation Score:-4, Nutrition Score:10.101304458859%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg

Nutrients (% of daily need)

Calories: 329.58kcal (16.48%), Fat: 23.02g (35.42%), Saturated Fat: 4.79g (29.96%), Carbohydrates: 25.14g (8.38%), Net Carbohydrates: 22.35g (8.13%), Sugar: 14.7g (16.33%), Cholesterol: 10.33mg (3.44%), Sodium: 229.76mg (9.99%), Alcohol: 0.12g (100%), Alcohol %: 0.23% (100%), Protein: 10.13g (20.27%), Manganese: 0.94mg (46.97%),

Vitamin B3: 5.22mg (26.11%), Vitamin E: 3.57mg (23.79%), Magnesium: 78.38mg (19.59%), Phosphorus: 173.18mg (17.32%), Copper: 0.23mg (11.42%), Fiber: 2.79g (11.16%), Vitamin B6: 0.2mg (10.15%), Folate: 38.54µg (9.64%), Zinc: 1.31mg (8.71%), Selenium: 5.95µg (8.49%), Potassium: 271.17mg (7.75%), Vitamin B1: 0.1mg (6.51%), Iron: 1.14mg (6.31%), Vitamin B2: 0.1mg (5.92%), Vitamin B5: 0.53mg (5.3%), Calcium: 41.24mg (4.12%), Vitamin K: 2.03µg (1.93%)