



Bourbon Breakfast Cookies

READY IN



45 min.

SERVINGS



24

CALORIES



180 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 0.5 cup brown sugar
- ☐ 0.5 cup butter softened ()
- ☐ 1 cup chocolate chips
- ☐ 2 large eggs
- ☐ 2 cups flour all-purpose
- ☐ 2 cups honey bunches of oats (or cornflakes)
- ☐ 0.1 teaspoon salt
- ☐ 0.7 cup sugar

- ☐ 4.5 tbsp honey tea stag bourbon red
- ☐ 1 teaspoon vanilla

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ hand mixer
- ☐ wooden spoon

Directions

- ☐ Preheat the oven to 375 degrees and line baking sheets with parchment paper or silpat mats.
- ☐ Whisk together flour, baking soda and salt in a medium sized bowl.
- ☐ In a separate bowl cream the butter, sugar and the brown sugar using an electric mixer until combined.
- ☐ Add the eggs and the vanilla and mix on medium speed until batter is smooth.
- ☐ Add in the flour mixture on low speed until combined.
- ☐ Add in 1 cup of the cereal (leaving 1 cup still) to the batter. Before mixing, pour bourbon directly on top of the cereal so that the flakes soak up some of the bourbon.
- ☐ Mix on low speed until all of the bourbon is incorporated into the batter.
- ☐ Add in chocolate chips and remaining cereal and stir with wooden spoon until it is mixed into the dough.
- ☐ Scoop large tablespoons of dough and drop onto baking sheets about 2 inches apart. Shape dough into round circles and press down gently on the dough so that the cookies spread more when baking.
- ☐ Bake for about 8-10 minutes.
- ☐ Remove cookies from try and let them cool on wire racks.

Nutrition Facts



 **PROTEIN 5.57%**  **FAT 34.23%**  **CARBS 60.2%**

Properties

Glycemic Index:9.8, Glycemic Load:11.19, Inflammation Score:-2, Nutrition Score:3.589565217495%

Flavonoids

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Nutrients (% of daily need)

Calories: 180.2kcal (9.01%), Fat: 6.93g (10.67%), Saturated Fat: 3.99g (24.95%), Carbohydrates: 27.44g (9.15%), Net Carbohydrates: 26.47g (9.63%), Sugar: 14.41g (16.01%), Cholesterol: 25.67mg (8.56%), Sodium: 96.09mg (4.18%), Alcohol: 0.06g (100%), Alcohol %: 0.16% (100%), Protein: 2.54g (5.08%), Manganese: 0.33mg (16.36%), Selenium: 6.9µg (9.86%), Vitamin B1: 0.11mg (7.65%), Folate: 23.51µg (5.88%), Vitamin B2: 0.08mg (4.95%), Iron: 0.88mg (4.89%), Phosphorus: 48.56mg (4.86%), Fiber: 0.96g (3.85%), Vitamin B3: 0.7mg (3.51%), Magnesium: 12.73mg (3.18%), Vitamin A: 140.68IU (2.81%), Zinc: 0.38mg (2.53%), Copper: 0.05mg (2.37%), Potassium: 71.4mg (2.04%), Vitamin B5: 0.2mg (1.97%), Calcium: 17.79mg (1.78%), Vitamin E: 0.19mg (1.25%), Vitamin B6: 0.02mg (1.02%)