



Breakfast Cookies



Vegetarian



Popular

READY IN



32 min.

SERVINGS



12

CALORIES



191 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 0.5 teaspoon baking soda
- 0.5 cup bran cereal flakes
- 0.3 cup canola oil
- 0.3 cup strained carrot baby food (1 small jar)
- 0.3 cup brown sugar dark
- 1 eggs
- 0.5 cup flour all-purpose
- 3 tablespoons granulated sugar

- 1 teaspoon ground cinnamon
- 0.5 teaspoon ground nutmeg
- 0.3 cup raisins
- 0.5 cup rolled oats
- 0.3 teaspoon salt
- 2 tablespoons butter unsalted
- 1 teaspoon vanilla extract
- 0.3 cup walnut pieces dry lightly toasted chopped for 2 minutes, until fragrant and
- 0.8 cup pastry flour whole-wheat

Equipment

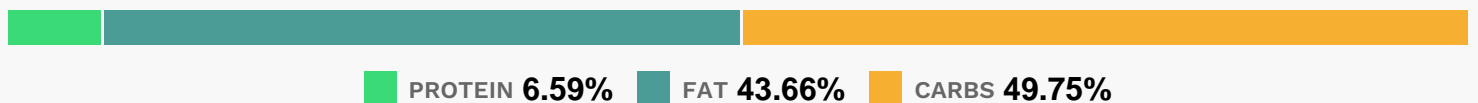
- bowl
- baking sheet
- baking paper
- oven
- whisk
- wire rack
- stand mixer

Directions

- Watch how to make this recipe.
- Place rack in center of oven and preheat oven to 350 degrees F.
- Whisk together flours, baking soda, cinnamon, nutmeg and salt in a medium-sized bowl.
- Combine butter, oil and sugars in the bowl of a stand mixer and mix on high speed, scraping down sides if necessary, until sugars have dissolved and mixture is light in color, about 1 minute.
- Add egg, carrot puree and vanilla and beat an additional 30 seconds.
- Add flour mixture and beat an additional 30 seconds.

- Add oats, flakes, raisins and walnuts and mix over low speed just until incorporated. Dough will be slightly sticky and less cohesive than traditional cookie dough. Line a large cookie sheet with parchment paper. Using between 3 to 4 tablespoons of batter, form a ball and place on cookie sheet. Repeat with remaining batter, leaving about 3 inches between cookies. Wet hands and use palm of hand to flatten cookies until about 1/4-inch thick.
- Bake for 12 minutes, until cookies are fragrant but still soft.
- Let cookies cool slightly, then transfer to a wire rack to cool completely.
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Nutrition Facts



Properties

Glycemic Index:38.16, Glycemic Load:8.34, Inflammation Score:-5, Nutrition Score:6.8308696694996%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 191kcal (9.55%), Fat: 9.59g (14.76%), Saturated Fat: 1.97g (12.32%), Carbohydrates: 24.59g (8.2%), Net Carbohydrates: 22.33g (8.12%), Sugar: 8.12g (9.03%), Cholesterol: 18.66mg (6.22%), Sodium: 113.37mg (4.93%), Alcohol: 0.11g (100%), Alcohol %: 0.31% (100%), Protein: 3.26g (6.52%), Manganese: 0.68mg (34.24%), Selenium: 9.67µg (13.81%), Vitamin A: 567.17IU (11.34%), Fiber: 2.26g (9.05%), Vitamin B1: 0.14mg (9%), Iron: 1.44mg (8.03%), Phosphorus: 77.24mg (7.72%), Folate: 30.75µg (7.69%), Magnesium: 27.76mg (6.94%), Vitamin E: 1.04mg (6.91%), Copper: 0.13mg (6.6%), Vitamin B2: 0.1mg (5.82%), Vitamin B3: 1.12mg (5.58%), Vitamin B6: 0.1mg (5.09%), Zinc: 0.61mg (4.05%), Vitamin K: 4.24µg (4.04%), Potassium: 123.3mg (3.52%), Vitamin B5: 0.21mg (2.13%), Vitamin B12: 0.12µg (2%), Calcium: 19.35mg (1.94%), Vitamin D: 0.16µg (1.09%)