



Breakfast Cookies

READY IN



35 min.

SERVINGS



20

CALORIES



212 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 1 cup all purpose flour
- 0.5 Teaspoon baking soda
- 0.5 cup brown sugar
- 0.8 cup flour blend (See Below On How To Make This)
- 0.3 cup canola oil
- 1 Teaspoon cinnamon (I Used Only)
- 0.3 cup cranberries dried (Optional, I Added This)
- 0.8 cup ricotta cheese low fat
- 2 cups grain cereal whole (I Used Fiber One Cereal Honey Clusters)

- 0.5 Teaspoon salt (I Used)
- 0.3 cup apple sauce unsweetened (Instead Of 1 Large Egg)
- 2 Teaspoons vanilla extract
- 0.3 cup walnuts chopped
- 1 cup wheat germ
- 1 cup flour whole wheat
- 2 cups pastry flour whole wheat (I Used This Combo)

Equipment

- bowl

Directions

- Combine the flours and wheat germ in a bowl. Store it in an air-tight container or sealed bags and use it for baking anything from cakes, cookies, brownies etc.

Nutrition Facts

PROTEIN 12.98% **FAT 23.5%** **CARBS 63.52%**

Properties

Glycemic Index:8.35, Glycemic Load:5.67, Inflammation Score:-3, Nutrition Score:11.525652263314%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 211.79kcal (10.59%), Fat: 5.68g (8.74%), Saturated Fat: 0.95g (5.96%), Carbohydrates: 34.56g (11.52%), Net Carbohydrates: 31.13g (11.32%), Sugar: 8.01g (8.9%), Cholesterol: 2.88mg (0.96%), Sodium: 114.54mg (4.98%), Alcohol: 0.14g (100%), Alcohol %: 0.28% (100%), Protein: 7.06g (14.13%), Manganese: 1.65mg (82.72%), Selenium: 21.37µg (30.53%), Vitamin B1: 0.31mg (20.97%), Phosphorus: 146.63mg (14.66%), Fiber: 3.44g (13.74%), Magnesium: 45.41mg (11.35%), Folate: 44.86µg (11.21%), Vitamin B6: 0.21mg (10.31%), Vitamin B3: 1.99mg (9.96%), Iron: 1.78mg (9.92%), Zinc: 1.43mg (9.56%), Vitamin B2: 0.16mg (9.16%), Copper: 0.17mg (8.43%), Calcium: 50.64mg (5.06%),

Vitamin E: 0.7mg (4.64%), Potassium: 157.43mg (4.5%), Vitamin B5: 0.33mg (3.29%), Vitamin K: 2.64µg (2.51%),
Vitamin C: 1.06mg (1.28%)