



Breakfast Cookies



Vegetarian



Dairy Free

READY IN



20 min.

SERVINGS



12

CALORIES



243 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 0.3 cup prune puree — — apple sauce also works (I use prune baby food)
- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 1.5 teaspoons baking soda
- ☐ 1 cup brown sugar (or turbinado)
- ☐ 2 tablespoons canola oil
- ☐ 1 teaspoon cinnamon canned (you can use less if you want)
- ☐ 0.5 cup cranberries dried
- ☐ 1 eggs (I've successfully used 2 ENRG egg replacers)

- ☐ 1 egg white
- ☐ 0.5 cup pecans — toasted coarsely chopped
- ☐ 1.3 cups rolled oats
- ☐ 0.5 teaspoon salt
- ☐ 8 ounces pastry flour whole wheat

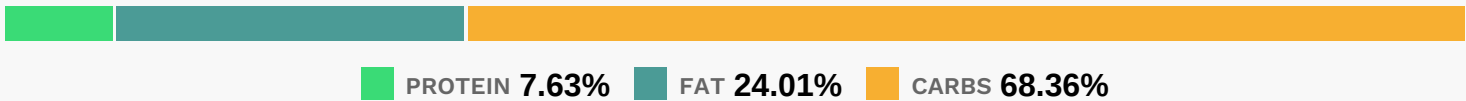
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ mixing bowl
- ☐ ice cream scoop
- ☐ measuring cup

Directions

- ☐ Preheat oven to 325 degrees F.Stir together flour, baking soda, baking powder, salt and cinnamon. Set aside.In a large mixing bowl, beat together Sucanet, canola oil, egg and egg white and prune puree. By hand stir in flour mixture followed by oats, pecans and raisins.Drop by 1/4 cup measuring cup or large ice cream scoop on a baking sheet, about 2 inches apart.Dampen back of a spoon or measuring cup and flatten to about ½ inch (cookies do not spread much during baking.
- ☐ Bake 8 minutes for chewy cookies or 10 minutes for dry.
- ☐ Bake 8 or 9 minutes or until cookie has set.
- ☐ Let cookies cool completely....they will be soft.

Nutrition Facts



Properties

Glycemic Index:12.25, Glycemic Load:2.14, Inflammation Score:-2, Nutrition Score:8.9986957765144%

Flavonoids

Cyanidin: 0.47mg, Cyanidin: 0.47mg, Cyanidin: 0.47mg, Cyanidin: 0.47mg Delphinidin: 0.31mg, Delphinidin: 0.31mg, Delphinidin: 0.31mg, Delphinidin: 0.31mg Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.4mg, Epicatechin: 0.4mg, Epicatechin: 0.4mg, Epicatechin: 0.4mg Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 242.65kcal (12.13%), Fat: 6.78g (10.43%), Saturated Fat: 0.73g (4.55%), Carbohydrates: 43.43g (14.48%), Net Carbohydrates: 39.67g (14.43%), Sugar: 22.45g (24.95%), Cholesterol: 13.64mg (4.55%), Sodium: 267.17mg (11.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.85g (9.69%), Manganese: 1.34mg (66.94%), Selenium: 16.34µg (23.35%), Fiber: 3.76g (15.04%), Phosphorus: 128.7mg (12.87%), Magnesium: 46.23mg (11.56%), Vitamin B1: 0.17mg (11.17%), Copper: 0.18mg (8.99%), Iron: 1.43mg (7.96%), Zinc: 1.07mg (7.13%), Vitamin B3: 1.15mg (5.74%), Vitamin B6: 0.11mg (5.62%), Vitamin E: 0.8mg (5.32%), Vitamin B2: 0.08mg (4.81%), Potassium: 159.91mg (4.57%), Calcium: 43.69mg (4.37%), Folate: 14.33µg (3.58%), Vitamin B5: 0.35mg (3.5%), Vitamin K: 2.83µg (2.69%)