



Butter Bean Cookies



Vegetarian



Vegan



Dairy Free



Popular

READY IN



45 min.

SERVINGS



24

CALORIES



71 kcal

DESSERT

Ingredients

- ☐ 1 tsp double-acting baking powder
- ☐ 0.5 tsp baking soda
- ☐ 0.5 cup beans white canned
- ☐ 0.5 cup sugar raw
- ☐ 1 cup rolled oats
- ☐ 1 dash salt
- ☐ 0.3 cup apple sauce unsweetened
- ☐ 0.5 tsp vanilla extract

- ☐ 0.5 cup vegan chocolate chips
- ☐ 1 cup pastry flour whole wheat

Equipment

- ☐ food processor
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ mixing bowl

Directions

- ☐ Preheat oven to 350F. Grease a large cookie sheet or line with parchment paper and set aside.
- ☐ Transfer 3/4 cup of the oats to a food processor and pulse, about 15x, until crumbly but not powder.
- ☐ Transfer to a mixing bowl and combine with flour, baking powder, baking soda, salt, cinnamon and cardamon.
- ☐ Whisk to incorporate and set aside.
- ☐ Transfer beans to processor then add applesauce, sugar, vanilla extract and 1 tbsp of the bean liquid. Whiz until smooth.
- ☐ Pour wet mixture into dry mixture and stir about 10 times.
- ☐ Add chips, remaining 1/4 cup oats and the rest of the bean liquid, stirring until combined. If the mixture is too wet, add more oats. If it's too dry, add a little water. Drop tablespoons of batter onto the cookie sheet, leaving an inch of room between each.
- ☐ Bake 15 minutes, until edges are just turning light brown and middles are firm. They will firm a bit more as they cool. Check the bottoms to make sure they are golden brown. Per cookie: 61 calories, 0.7g fat, 12.4g carbs, 1.4g fiber, 5.2g sugar, 1.3g protein
- ☐ Nutritional Information
- ☐ Amount Per Serving
- ☐ Calories

- ☐ Fat
- ☐ Carbohydrate
- ☐ gDietary Fiber2gSugars6gProtein2g

Nutrition Facts



Properties

Glycemic Index:6.79, Glycemic Load:1.02, Inflammation Score:-1, Nutrition Score:2.5156521778554%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 70.96kcal (3.55%), Fat: 1.62g (2.49%), Saturated Fat: 0.82g (5.11%), Carbohydrates: 13.45g (4.48%), Net Carbohydrates: 12.12g (4.41%), Sugar: 6.21g (6.9%), Cholesterol: 0mg (0%), Sodium: 48.82mg (2.12%), Alcohol: 0.03g (100%), Alcohol %: 0.17% (100%), Protein: 1.63g (3.27%), Manganese: 0.35mg (17.4%), Selenium: 4.13µg (5.91%), Fiber: 1.34g (5.34%), Iron: 0.75mg (4.15%), Phosphorus: 39.47mg (3.95%), Magnesium: 13.64mg (3.41%), Vitamin B1: 0.04mg (2.99%), Calcium: 22.93mg (2.29%), Copper: 0.04mg (2.18%), Zinc: 0.3mg (1.98%), Vitamin B3: 0.29mg (1.46%), Folate: 5.78µg (1.45%), Potassium: 50.57mg (1.44%), Vitamin B6: 0.03mg (1.36%)