



Chocolate Peanut Butter Cookies

READY IN



65 min.

SERVINGS



48

CALORIES



101 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 1 cup brown sugar
- ☐ 2 eggs
- ☐ 1 cup flour all-purpose
- ☐ 0.5 cup milk
- ☐ 0.3 cup peanut butter
- ☐ 10 ounce peanut butter chips
- ☐ 2.5 cups rolled oats

- ☐ 0.5 teaspoon salt
- ☐ 0.8 cup butter unsalted at room temperature
- ☐ 1 cup cocoa powder unsweetened
- ☐ 2 teaspoons vanilla extract
- ☐ 1 cup sugar white

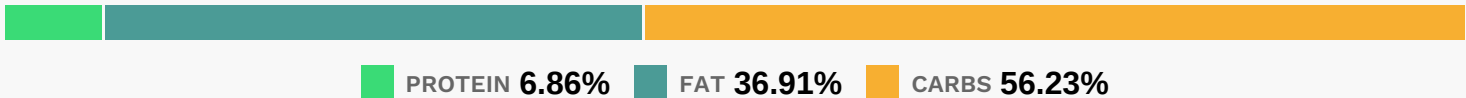
Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ blender

Directions

- ☐ Place oats in a blender or food processor and pulse until oats resemble flour.
- ☐ Transfer oats to a large bowl and stir in flour, cocoa powder, baking powder, baking soda, and salt.
- ☐ Beat butter, milk, peanut butter, white sugar, and brown sugar in another bowl until light and fluffy. Beat in eggs one at a time, allowing each egg to blend into the butter mixture before adding the next. Beat in vanilla extract with the last egg; stir in oat mixture until well blended. Fold in peanut butter chips, mixing just enough to evenly combine. Refrigerate dough for 30 minutes.
- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Drop 1-inch spoonfuls of dough 2 inches apart onto ungreased baking sheets.
- ☐ Bake in preheated oven until cookie centers are set, 10 to 12 minutes.

Nutrition Facts



Properties

Glycemic Index:6.86, Glycemic Load:5.42, Inflammation Score:-2, Nutrition Score:2.7926086731579%

Flavonoids

Catechin: 1.16mg, Catechin: 1.16mg, Catechin: 1.16mg, Catechin: 1.16mg Epicatechin: 3.52mg, Epicatechin: 3.52mg, Epicatechin: 3.52mg, Epicatechin: 3.52mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 101.15kcal (5.06%), Fat: 4.38g (6.74%), Saturated Fat: 2.26g (14.11%), Carbohydrates: 15.01g (5%), Net Carbohydrates: 13.78g (5.01%), Sugar: 8.98g (9.98%), Cholesterol: 14.75mg (4.92%), Sodium: 67.6mg (2.94%), Alcohol: 0.06g (100%), Alcohol %: 0.22% (100%), Caffeine: 4.12mg (1.37%), Protein: 1.83g (3.66%), Manganese: 0.26mg (13.19%), Copper: 0.1mg (4.92%), Fiber: 1.22g (4.9%), Phosphorus: 46.9mg (4.69%), Magnesium: 18.66mg (4.67%), Selenium: 3.14µg (4.49%), Iron: 0.65mg (3.61%), Vitamin B1: 0.05mg (3.03%), Zinc: 0.37mg (2.45%), Vitamin B2: 0.04mg (2.37%), Folate: 8.86µg (2.21%), Vitamin B3: 0.43mg (2.15%), Vitamin A: 102.65IU (2.05%), Calcium: 19.32mg (1.93%), Potassium: 66.53mg (1.9%), Vitamin E: 0.25mg (1.64%), Vitamin B5: 0.13mg (1.25%), Vitamin B6: 0.02mg (1.01%)