



## Confetti Chocolate-Oatmeal Cookie Mix

 Dairy Free

READY IN



50 min.

SERVINGS



36

CALORIES



74 kcal

DESSERT

### Ingredients

- 1 cup sugar
- 0.8 cup flour all-purpose
- 0.3 cup cocoa powder unsweetened
- 0.5 teaspoon baking soda
- 0.3 teaspoon salt
- 1.5 cups rolled oats
- 1 cup m&m candies

### Equipment

- bowl
- baking sheet
- oven

## Directions

- In medium bowl, mix sugar, flour, cocoa, baking soda and salt. In 1-quart food-safe jar, place mixture; tap lightly to pack. Top with oats and M&M's™ minis chocolate candies. Cover tightly. Wrap as desired.
- Give with gift card that reads: To make cookies, heat oven to 350°F. In large bowl, place contents of jar, 1/2 cup softened butter or margarine, 2 tablespoons water, 1/2 teaspoon vanilla and 1 egg. Stir 30 seconds with spoon or until combined. On ungreased cookie sheets, spoon dough by rounded teaspoonfuls 2 inches apart.
- Bake 10 to 12 minutes or until edges are set. Cool 5 minutes; remove from cookie sheets to cooling racks.

## Nutrition Facts



## Properties

Glycemic Index: 5.14, Glycemic Load: 6.09, Inflammation Score: -1, Nutrition Score: 1.5178261020261%

## Flavonoids

Catechin: 0.52mg, Catechin: 0.52mg, Catechin: 0.52mg, Catechin: 0.52mg Epicatechin: 1.56mg, Epicatechin: 1.56mg, Epicatechin: 1.56mg, Epicatechin: 1.56mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

## Nutrients (% of daily need)

Calories: 74.49kcal (3.72%), Fat: 1.72g (2.65%), Saturated Fat: 0.94g (5.89%), Carbohydrates: 14.22g (4.74%), Net Carbohydrates: 13.36g (4.86%), Sugar: 9.21g (10.24%), Cholesterol: 0.87mg (0.29%), Sodium: 35.76mg (1.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.15g (2.29%), Manganese: 0.17mg (8.56%), Fiber: 0.86g (3.45%), Selenium: 2.01µg (2.87%), Iron: 0.45mg (2.49%), Vitamin B1: 0.04mg (2.44%), Copper: 0.05mg (2.38%), Magnesium: 9.21mg (2.3%), Phosphorus: 22.51mg (2.25%), Folate: 6.1µg (1.53%), Zinc: 0.2mg (1.31%), Vitamin B2: 0.02mg (1.24%), Vitamin B3: 0.21mg (1.04%)