

Cookie Butter

 Dairy Free

READY IN



10 min.

SERVINGS



32

CALORIES



94 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 17.6 oz grands flaky refrigerator biscuits
- ☐ 5 teaspoons ground cinnamon
- ☐ 0.5 teaspoon nutmeg
- ☐ 2 tablespoons brown sugar light packed
- ☐ 1 tablespoon blackstrap molasses
- ☐ 1 teaspoon vanilla
- ☐ 2 tablespoons vegetable oil
- ☐ 1 cup water

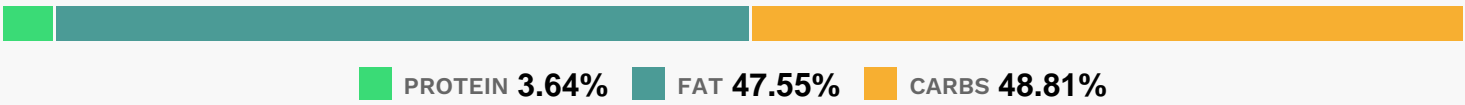
Equipment

- ☐ food processor

Directions

- ☐ In large food processor, process cookies into fine crumbs. Turn off processor.
- ☐ Add brown sugar, cinnamon, nutmeg and vanilla; process until blended. Continue to process while adding molasses and oil through spout.
- ☐ With processor running, add just enough water so mixture becomes a creamy consistency (you might not use all the water).
- ☐ Add more water as needed until you reach desired texture (it should be about the same as peanut butter).
- ☐ Pour cookie butter into airtight container; seal. Store in refrigerator.

Nutrition Facts



Properties

Glycemic Index:5.72, Glycemic Load:6.45, Inflammation Score:-1, Nutrition Score:1.6560869730361%

Nutrients (% of daily need)

Calories: 93.62kcal (4.68%), Fat: 4.95g (7.62%), Saturated Fat: 1.4g (8.76%), Carbohydrates: 11.43g (3.81%), Net Carbohydrates: 11.06g (4.02%), Sugar: 4.59g (5.1%), Cholesterol: 0mg (0%), Sodium: 55.9mg (2.43%), Alcohol: 0.04g (100%), Alcohol %: 0.21% (100%), Protein: 0.85g (1.71%), Manganese: 0.13mg (6.63%), Vitamin B1: 0.06mg (3.7%), Vitamin K: 3.38µg (3.22%), Folate: 12.68µg (3.17%), Vitamin E: 0.46mg (3.05%), Iron: 0.53mg (2.93%), Vitamin B2: 0.05mg (2.9%), Vitamin B3: 0.52mg (2.62%), Selenium: 1.1µg (1.57%), Fiber: 0.38g (1.5%), Phosphorus: 10.79mg (1.08%), Magnesium: 4.1mg (1.02%)