

Cookie Mix in a Jar VII

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



36

CALORIES



66 kcal

DESSERT

Ingredients

- 1 teaspoon double-acting baking powder
- 1 cup brown sugar packed
- 1.5 cups powdered sugar
- 1.5 cups flour all-purpose
- 0.3 teaspoon salt
- 0.8 cup cocoa powder unsweetened

Equipment

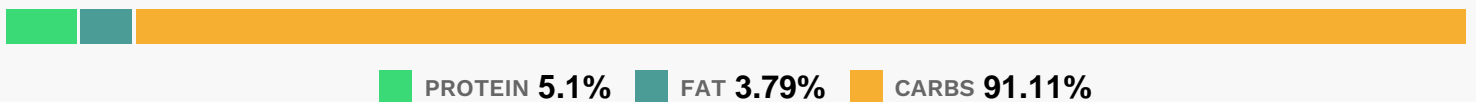
- bowl

- baking sheet
- paper towels
- oven
- mixing bowl
- wire rack
- canning jar

Directions

- In a separate bowl, mix together the flour, baking powder and salt.
- Layer ingredients in order given in a 1 quart "wide mouth" canning jar. Clean the inside of the jar with a dry paper towel after adding the confectioners' sugar and after adding the cocoa powder. Be sure to pack everything down firmly before adding the flour mixture, it will be a tight fit.
- Empty jar of cookie mix into large mixing bowl. Use your hands to thoroughly blend mix.
- Add: 1/2 cup butter or margarine, softened at room temperature. DO NOT USE DIET MARGARINE.
- Add 1/2 cup creamy peanut butter, 1 egg, slightly beaten, and 1 teaspoon of vanilla.
- Mix until completely blended. You will need to use your hands to finish mixing.
- Shape into walnut sized balls and place 2 inches apart on a parchment lined baking sheets. DO NOT USE WAXED PAPER. Press balls down with a fork.
- Bake at 350 degrees F (175 degrees C) for 9 to 11 minutes until edges are browned. Cool 5 minutes on baking sheet then transfer to a cooling rack to finish cooling. Makes 3 dozen cookies.

Nutrition Facts



Properties

Glycemic Index:4.64, Glycemic Load:2.9, Inflammation Score:-1, Nutrition Score:1.6056521830513%

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: 65.77kcal (3.29%), Fat: 0.3g (0.46%), Saturated Fat: 0.15g (0.95%), Carbohydrates: 16.03g (5.34%), Net Carbohydrates: 15.22g (5.54%), Sugar: 10.86g (12.07%), Cholesterol: 0mg (0%), Sodium: 30.22mg (1.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 4.12mg (1.37%), Protein: 0.9g (1.79%), Manganese: 0.11mg (5.42%), Copper: 0.08mg (3.93%), Fiber: 0.8g (3.22%), Iron: 0.55mg (3.05%), Selenium: 2.13µg (3.04%), Vitamin B1: 0.04mg (2.82%), Magnesium: 10.67mg (2.67%), Folate: 10.17µg (2.54%), Phosphorus: 21.45mg (2.15%), Vitamin B2: 0.03mg (1.82%), Vitamin B3: 0.35mg (1.77%), Calcium: 14.74mg (1.47%), Potassium: 41.06mg (1.17%), Zinc: 0.16mg (1.07%)