



Crunchy Peanut Butter Breakfast Cookies

 Vegetarian

READY IN



50 min.

SERVINGS



15

CALORIES



255 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 0.5 cup brown sugar packed
- 0.5 cup butter softened
- 0.5 cup creamy peanut butter
- 1 teaspoon vanilla
- 1 eggs
- 0.8 cup flour whole wheat
- 0.5 teaspoon baking soda
- 0.3 teaspoon salt

- 0.5 teaspoon ground cinnamon
- 1.5 cups maple sugar
- 0.5 cup cranberries dried sweetened

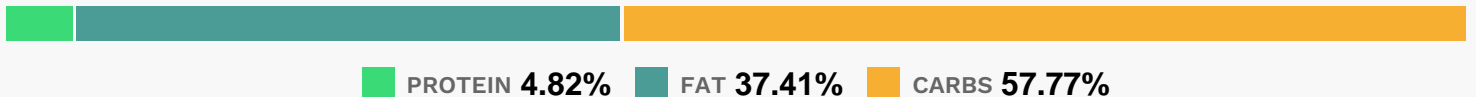
Equipment

- bowl
- baking sheet
- oven
- hand mixer

Directions

- Heat oven to 350°F. In large bowl, beat brown sugar, butter, peanut butter, vanilla and egg with electric mixer on medium speed until creamy. Stir in flour, baking soda, salt and cinnamon until well blended. Stir in cereal and cranberries.
- On ungreased cookie sheets, drop dough by slightly less than 1/4 cupfuls 2 inches apart.
- Bake 12 to 15 minutes or until edges are light golden brown. Cool completely on cookie sheet. Store tightly covered.

Nutrition Facts



Properties

Glycemic Index:8.8, Glycemic Load:13.76, Inflammation Score:-2, Nutrition Score:7.123478151291%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 255.19kcal (12.76%), Fat: 11.05g (17%), Saturated Fat: 4.89g (30.55%), Carbohydrates: 38.39g (12.8%), Net Carbohydrates: 37.09g (13.49%), Sugar: 31.1g (34.56%), Cholesterol: 27.18mg (9.06%), Sodium: 169.96mg (7.39%), Alcohol: 0.09g (100%), Alcohol %: 0.19% (100%), Protein: 3.2g (6.41%), Manganese: 1.44mg (72.24%), Zinc: 1.86mg (12.4%), Selenium: 5.34µg (7.63%), Vitamin E: 1.12mg (7.46%), Vitamin B3: 1.49mg (7.44%), Magnesium: 28.65mg

(7.16%), Phosphorus: 59.58mg (5.96%), Fiber: 1.3g (5.22%), Iron: 0.87mg (4.85%), Copper: 0.09mg (4.63%), Potassium: 153.4mg (4.38%), Vitamin A: 205.67IU (4.11%), Calcium: 38.18mg (3.82%), Vitamin B6: 0.07mg (3.66%), Vitamin B1: 0.05mg (3.08%), Folate: 11.72 μ g (2.93%), Vitamin B2: 0.05mg (2.75%), Vitamin B5: 0.21mg (2.11%)