



## Crunchy Peanut Butter Thins

 Dairy Free

READY IN



40 min.

SERVINGS



18

CALORIES



105 kcal

CONDIMENT

DIP

SPREAD

## Ingredients

- 1 ounce bittersweet chocolate melted ( 2 small squares)
- 2 teaspoons chia seeds
- 0.3 cup creamy natural peanut butter
- 1 large egg white
- 0.5 cup flour all-purpose
- 0.3 teaspoon ground cinnamon
- 0.5 teaspoon kosher salt
- 0.3 cup brown sugar light packed

- 0.3 cup rolled oats
- 3 tablespoons vegetable oil
- 1 tablespoon wheat germ
- 0.5 cup flour whole wheat white

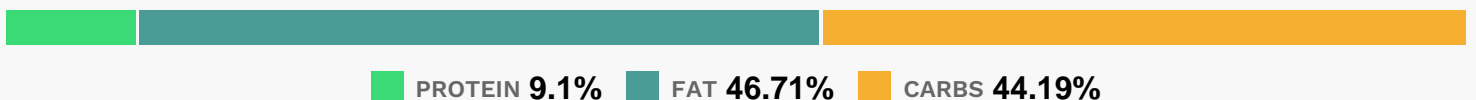
## Equipment

- bowl
- frying pan
- oven
- baking pan
- hand mixer
- aluminum foil

## Directions

- Preheat the oven to 350 degrees F. Line a 9-by-13-inch baking dish with aluminum foil with a 1-inch overhang on all sides. Spray lightly with baking spray.
- Combine both flours, oats, wheat germ, chia seeds if using, salt and cinnamon in a medium bowl. Set aside.
- Combine the peanut butter, brown sugar, vegetable oil and egg white in another medium bowl. Beat with a hand mixer until creamy, about 2 minutes.
- Add the dry ingredients and beat on low until a wet and sandy mixture that holds together when squeezed. Turn the dough out into the prepared pan and press into an even layer.
- Bake until golden, 25 to 30 minutes.
- Let cool completely.
- Drizzle with the chocolate.
- Let the chocolate harden and break into eighteen 2-inch even pieces.

## Nutrition Facts



## Properties

Glycemic Index:7.44, Glycemic Load:2.29, Inflammation Score:-1, Nutrition Score:2.6882609014764%

## Nutrients (% of daily need)

Calories: 105.45kcal (5.27%), Fat: 5.64g (8.68%), Saturated Fat: 1.21g (7.58%), Carbohydrates: 12.01g (4%), Net Carbohydrates: 10.91g (3.97%), Sugar: 5.07g (5.63%), Cholesterol: 0.09mg (0.03%), Sodium: 89.68mg (3.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.47g (4.95%), Manganese: 0.22mg (10.8%), Vitamin B3: 0.93mg (4.67%), Fiber: 1.1g (4.42%), Vitamin E: 0.64mg (4.26%), Vitamin K: 4.34µg (4.13%), Magnesium: 15.97mg (3.99%), Selenium: 2.73µg (3.91%), Phosphorus: 35.51mg (3.55%), Vitamin B1: 0.05mg (3.21%), Iron: 0.56mg (3.09%), Folate: 12.02µg (3%), Copper: 0.06mg (2.91%), Vitamin B2: 0.04mg (2.3%), Zinc: 0.29mg (1.92%), Potassium: 60.41mg (1.73%), Vitamin B6: 0.03mg (1.51%), Calcium: 13.4mg (1.34%)