



Digestive Cookies

 Vegetarian

READY IN



30 min.

SERVINGS



45

CALORIES



45 kcal

DESSERT

Ingredients

- ☐ 0.3 cup all purpose flour
- ☐ 1 teaspoon double-acting baking powder
- ☐ 5 tablespoons butter
- ☐ 0.3 cup milk 2% (I used)
- ☐ 2 tablespoons rolled oats/quick cooking oats
- ☐ 0.5 teaspoon salt
- ☐ 1 cup sugar
- ☐ 1.3 cups flour whole wheat

Equipment

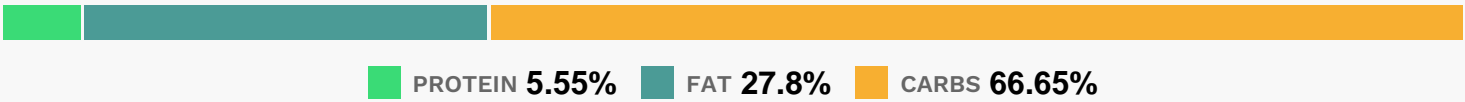
- ☐ baking sheet
- ☐ oven
- ☐ mixing bowl
- ☐ wire rack
- ☐ blender
- ☐ plastic wrap
- ☐ cookie cutter
- ☐ spatula
- ☐ kitchen timer

Directions

- ☐ In a large mixing bowl sift all the dry ingredients except oats and sugar. Stir in the oats. Take out the butter from the refrigerator, cut up into small pieces and add it to the flour mixture. Using a pastry blender further cut the butter until the mixture resembles coarse crumbs. If you don't have a pastry blender you can do this with your fingers or fork too, but it's more work. Stir in the sugar and add milk little by little to form a soft dough. Knead until smooth. Press the dough into disk, wrap in plastic wrap and leave it in the fridge for 30 minutes. Set the kitchen timer for 15 minutes. When the timer goes off start preheating the oven at 375F for 15 minutes. So by the time the oven preheats it will be 30 minutes and you can start working on the cookie dough. Also butter 2 cookie sheets. Lightly flour the surface.
- ☐ Roll out the dough into 1/4 inch thickness. Use a cookie cutter to cut out the cookies. Gather the dough scraps, re-roll and continue the same procedure until all the dough is used. The cookies tend to stick to the floor, so use a spatula to lift and transfer the cookies to the baking sheets.
- ☐ Place them 1 inch apart. Prick all over with a fork. The baking time depends on the thickness of the cookies and the material of the baking sheet. Note that cookies baked on a dark colored non stick baking sheet tend to bake faster and if not alert the bottom will get burnt. My second batch cookies were thinner than the first batch. So the first batch took 13 minutes, while the second batch was done in 10 minutes. Look for golden color cookies. If baking both the batches at the same time, place each baking sheet in individual racks and shift sheets halfway through baking. Leave the cookies in the baking sheet itself for 5 minutes and then

transfer to a wire rack to cool.

Nutrition Facts



Properties

Glycemic Index:8.67, Glycemic Load:3.64, Inflammation Score:-1, Nutrition Score:1.2282608922409%

Nutrients (% of daily need)

Calories: 45kcal (2.25%), Fat: 1.45g (2.23%), Saturated Fat: 0.85g (5.33%), Carbohydrates: 7.81g (2.6%), Net Carbohydrates: 7.38g (2.68%), Sugar: 4.54g (5.05%), Cholesterol: 3.56mg (1.19%), Sodium: 46.09mg (2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.65g (1.3%), Manganese: 0.16mg (8.06%), Selenium: 2.6µg (3.71%), Phosphorus: 18.81mg (1.88%), Vitamin B1: 0.03mg (1.72%), Fiber: 0.42g (1.7%), Magnesium: 6.02mg (1.5%), Vitamin B3: 0.22mg (1.11%), Iron: 0.19mg (1.03%)