

Hearty Breakfast Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



238 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 2 teaspoons baking soda
- 1.3 cups brown sugar packed
- 0.5 cup butter softened
- 2 eggs
- 1 cup flour all-purpose
- 1 teaspoon ground cinnamon
- 1 cup peanut butter
- 2 cups oats quick

- 1 cup raisins
- 1 teaspoon salt
- 2 teaspoons vanilla extract
- 0.3 cup water
- 0.5 cup wheat germ
- 1 cup flour whole wheat

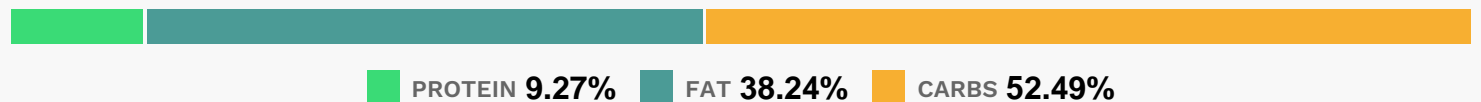
Equipment

- bowl
- baking sheet
- oven
- hand mixer

Directions

- In a large bowl, using an electric mixer, beat together butter, peanut butter, brown sugar, and vanilla until creamy. Beat in eggs and water.
- Mix together flours, oats, wheat germ, salt, cinnamon, and baking soda.
- Mix into peanut butter mixture. Stir in raisins. Drop by ice cream scoopfuls 2 1/2 inches apart on greased cookie sheets. Flatten slightly.
- Bake at 350 degrees F (175 degrees C) for 18 - 20 minutes. Cool on cookie sheet for 2 minutes, then transfer to cooling racks. Store in an airtight container.

Nutrition Facts



Properties

Glycemic Index:11.16, Glycemic Load:8.27, Inflammation Score:-4, Nutrition Score:8.4608696971251%

Nutrients (% of daily need)

Calories: 238.47kcal (11.92%), Fat: 10.58g (16.28%), Saturated Fat: 3.79g (23.67%), Carbohydrates: 32.69g (10.9%), Net Carbohydrates: 30.09g (10.94%), Sugar: 13.18g (14.64%), Cholesterol: 23.81mg (7.94%), Sodium: 275.84mg

(11.99%), Alcohol: 0.11g (100%), Alcohol %: 0.24% (100%), Protein: 5.77g (11.54%), Manganese: 1.05mg (52.31%), Selenium: 10.85µg (15.5%), Magnesium: 53.71mg (13.43%), Phosphorus: 124.52mg (12.45%), Vitamin B3: 2.29mg (11.46%), Vitamin B1: 0.17mg (11.39%), Fiber: 2.6g (10.39%), Vitamin E: 1.22mg (8.1%), Folate: 32.04µg (8.01%), Iron: 1.39mg (7.71%), Copper: 0.14mg (7.25%), Zinc: 1.02mg (6.79%), Vitamin B6: 0.13mg (6.56%), Vitamin B2: 0.1mg (6.13%), Potassium: 203.08mg (5.8%), Vitamin B5: 0.35mg (3.5%), Calcium: 27.91mg (2.79%), Vitamin A: 138.68IU (2.77%)