



## LauHilLau Cookies

 Dairy Free

READY IN



30 min.

SERVINGS



36

CALORIES



164 kcal

DESSERT

### Ingredients

- 0.5 teaspoon double-acting baking powder
- 0.5 teaspoon baking soda
- 0.5 banana
- 0.8 cup brown sugar
- 0.5 cup butter softened
- 2 eggs
- 1.5 cups flour all-purpose
- 0.5 cup peanut butter

- 1.3 cups rolled oats
- 0.5 teaspoon salt
- 1.5 cups semi chocolate chips
- 1 teaspoon vanilla extract
- 1.1 cups granulated sugar white

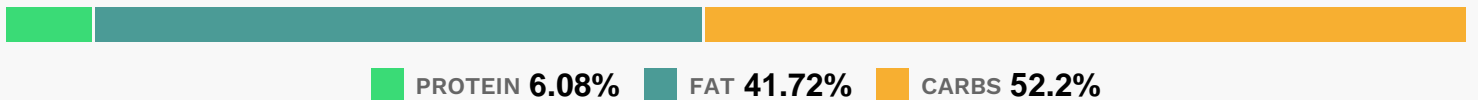
## Equipment

- bowl
- baking sheet
- oven
- wire rack

## Directions

- Preheat oven to 350 degrees F (175 degrees C).
- In a large bowl, cream together the butter, brown sugar and white sugar until light and fluffy.
- Add the eggs one at a time, beating well with each addition, then stir in the vanilla, bananas and peanut butter.
- Combine the flour, baking powder, baking soda and salt; gradually stir into the creamed mixture. Finally, stir in the rolled oats and chocolate chips. Drop by rounded spoonfuls onto an unprepared cookie sheet.
- Bake for 8 to 10 minutes in the preheated oven. Allow cookies to cool on baking sheet for 5 minutes before removing to a wire rack to cool completely.

## Nutrition Facts



## Properties

Glycemic Index:9.61, Glycemic Load:8.17, Inflammation Score:-2, Nutrition Score:3.6795651821986%

## Flavonoids

Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg

## Nutrients (% of daily need)

Calories: 163.9kcal (8.19%), Fat: 7.73g (11.9%), Saturated Fat: 2.66g (16.62%), Carbohydrates: 21.78g (7.26%), Net Carbohydrates: 20.54g (7.47%), Sugar: 14.08g (15.64%), Cholesterol: 9.54mg (3.18%), Sodium: 104.36mg (4.54%), Alcohol: 0.04g (100%), Alcohol %: 0.13% (100%), Caffeine: 6.45mg (2.15%), Protein: 2.53g (5.07%), Manganese: 0.3mg (14.91%), Copper: 0.13mg (6.64%), Magnesium: 25.56mg (6.39%), Selenium: 4.22µg (6.02%), Phosphorus: 56.15mg (5.61%), Iron: 0.99mg (5.48%), Fiber: 1.24g (4.96%), Vitamin B3: 0.9mg (4.49%), Vitamin B1: 0.06mg (4.2%), Folate: 15.07µg (3.77%), Vitamin E: 0.51mg (3.4%), Vitamin B2: 0.06mg (3.26%), Zinc: 0.46mg (3.1%), Potassium: 95.47mg (2.73%), Vitamin A: 130.77IU (2.62%), Calcium: 18.21mg (1.82%), Vitamin B6: 0.04mg (1.8%), Vitamin B5: 0.17mg (1.67%)