



Lunchbox Cookies

READY IN



30 min.

SERVINGS



36

CALORIES



95 kcal

DESSERT

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.5 cup brown sugar
- ☐ 0.5 cup butter softened
- ☐ 0.5 cup chocolate chips
- ☐ 2 eggs
- ☐ 1 cup flour all-purpose
- ☐ 0.5 cup grain cereal mix hot
- ☐ 1 cup quick-cooking oats

- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup sugar white
- ☐ 1 cup pastry flour whole wheat

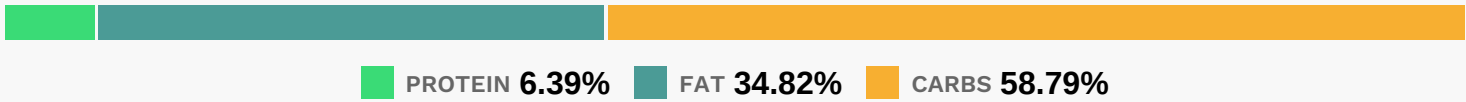
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ hand mixer

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Line baking sheets with parchment paper.
- ☐ Whisk all-purpose flour, whole wheat pastry flour, oats, 5-grain cereal, baking powder, baking soda, and salt together in a bowl.
- ☐ Mix butter with white and brown sugar in a separate large bowl until mixture is smooth and creamy. Beat eggs into creamed mixture with an electric mixer until thoroughly combined. Gradually beat dry ingredients into moist ingredients to make a dough. Stir chocolate chips into dough. Drop batter by heaping teaspoonfuls onto prepared baking sheets, keeping cookies about 2 inches apart.
- ☐ Bake in the preheated oven until cookies are lightly browned, about 10 minutes.

Nutrition Facts



Properties

Glycemic Index:9.78, Glycemic Load:4.76, Inflammation Score:-1, Nutrition Score:2.4482608495847%

Nutrients (% of daily need)

Calories: 95.38kcal (4.77%), Fat: 3.79g (5.83%), Saturated Fat: 2.19g (13.68%), Carbohydrates: 14.39g (4.8%), Net Carbohydrates: 13.7g (4.98%), Sugar: 7.38g (8.2%), Cholesterol: 15.87mg (5.29%), Sodium: 92mg (4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.56g (3.13%), Manganese: 0.26mg (12.95%), Selenium: 4.84µg (6.91%), Vitamin B1: 0.06mg (4.33%), Phosphorus: 35.34mg (3.53%), Magnesium: 12.09mg (3.02%), Iron: 0.51mg (2.85%), Fiber: 0.69g (2.76%), Folate: 10.51µg (2.63%), Vitamin B2: 0.04mg (2.59%), Vitamin B3: 0.43mg (2.15%), Calcium: 20.11mg (2.01%), Vitamin A: 92.29IU (1.85%), Copper: 0.03mg (1.52%), Zinc: 0.22mg (1.46%), Vitamin B6: 0.03mg (1.42%), Potassium: 39.31mg (1.12%)