



Michigan Mountain Biking Cookies

 Dairy Free

READY IN



45 min.

SERVINGS



36

CALORIES



131 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder low-sodium
- ☐ 1 teaspoon baking soda
- ☐ 0.8 cup brown sugars packed
- ☐ 1 cup michigan montmorency cherries dried
- ☐ 2 tablespoons chia seeds
- ☐ 1 cup general foods international suisse mocha cafe dark
- ☐ 0.5 cup so delicious dairy free coconut milk beverage
- ☐ 0.5 teaspoon ground cinnamon

- ☐ 0.1 teaspoon ground cloves
- ☐ 2 cups oats raw
- ☐ 0.7 cup vegetable oil; peanut oil preferred
- ☐ 1 cup pecans
- ☐ 0.7 cup sugar raw
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon vanilla extract
- ☐ 2 cups flour white

Equipment

- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ wire rack

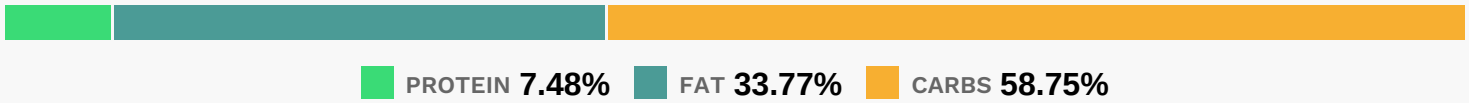
Directions

- ☐ Preheat oven to 350°F. Toast pecans for 10 minutes. Cool and chop coarsely.
- ☐ Whisk dry ingredients (flour, oats, chia seeds, baking soda, baking powder, salt, cinnamon and cloves)
- ☐ Mix sugars.
- ☐ Add peanut oil, So Delicious Coconut Milk, and vanilla.
- ☐ Mix well.
- ☐ Add to dry ingredients and mix until incorporated. Gently stir in pecans, espresso beans and cherries and mix until evenly distributed. Cover cookie sheet with parchment paper. Scoop about a tablespoon of dough.
- ☐ Roll into a ball and press onto cookie sheet.
- ☐ Bake for 10 minutes and check the color. Rotate the sheet and bake until golden brown. Do not over bake! When done, carefully slide parchment with cookies onto cooling rack. Notes: I use Old Fashioned

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Rolled Oats. To make the cookies gluten free, substitute oat flour for white flour. When the cookies are completely cooled, store in an airtight container.

Nutrition Facts



Properties

Glycemic Index:6.78, Glycemic Load:6.73, Inflammation Score:-2, Nutrition Score:4.3495651859304%

Flavonoids

Cyanidin: 1.45mg, Cyanidin: 1.45mg, Cyanidin: 1.45mg, Cyanidin: 1.45mg Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 130.62kcal (6.53%), Fat: 4.94g (7.61%), Saturated Fat: 1.13g (7.04%), Carbohydrates: 19.35g (6.45%), Net Carbohydrates: 17.61g (6.4%), Sugar: 6.44g (7.16%), Cholesterol: 0.61mg (0.2%), Sodium: 66.39mg (2.89%), Alcohol: 0.04g (100%), Alcohol %: 0.13% (100%), Caffeine: 39.62mg (13.21%), Protein: 2.46g (4.93%), Manganese: 0.54mg (27.06%), Vitamin B1: 0.12mg (7.85%), Fiber: 1.74g (6.95%), Selenium: 4.34µg (6.2%), Magnesium: 24.58mg (6.14%), Phosphorus: 60.83mg (6.08%), Copper: 0.11mg (5.56%), Iron: 0.89mg (4.92%), Vitamin B3: 0.86mg (4.32%), Folate: 17.22µg (4.31%), Vitamin B2: 0.07mg (4.01%), Zinc: 0.52mg (3.49%), Potassium: 84.66mg (2.42%), Calcium: 23.84mg (2.38%), Vitamin B6: 0.04mg (2.24%), Vitamin E: 0.29mg (1.92%), Vitamin B5: 0.18mg (1.77%)