



Monster Breakfast Cookies

 Vegetarian

READY IN



35 min.

SERVINGS



20

CALORIES



294 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 1 cup brown sugar
- ☐ 0.5 cup butter
- ☐ 2 eggs
- ☐ 0.3 cup flax seeds
- ☐ 1.5 teaspoons ground cinnamon
- ☐ 0.5 cup ground flax seed
- ☐ 0.5 cup honey

- ☐ 3 cups oats
- ☐ 0.3 cup poppy seeds
- ☐ 1 cup raisins
- ☐ 0.3 cup sesame seed
- ☐ 2 teaspoons vanilla extract
- ☐ 0.5 cup vegetable oil
- ☐ 2.5 cups flour whole wheat

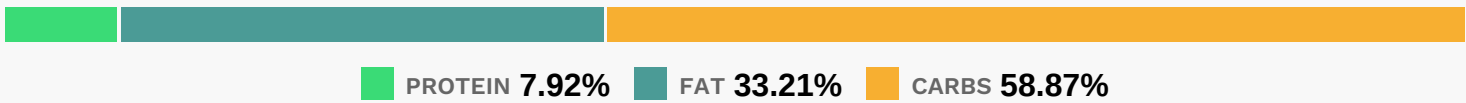
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ hand mixer
- ☐ measuring cup

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Lightly grease 4 baking sheets.
- ☐ Beat butter and sugar with an electric mixer in a large bowl until smooth. Beat the first egg into the butter until completely blended.
- ☐ Add second egg with vanilla extract; continue beating. Continue beating while adding vegetable oil, honey, oats, whole wheat flour, ground flax seed, sesame seeds, poppy seeds, flax seeds, baking soda, and ground cinnamon, respectively. Fold raisins into the dough.
- ☐ Use a 1/4 cup measuring cup to create monster cookie size and drop onto prepared baking sheets.
- ☐ Bake in the preheated oven until edges are just browning, about 20 minutes.

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:9.62, Inflammation Score:-4, Nutrition Score:11.486521676831%

Nutrients (% of daily need)

Calories: 294.14kcal (14.71%), Fat: 11.35g (17.45%), Saturated Fat: 3.84g (24.03%), Carbohydrates: 45.25g (15.08%), Net Carbohydrates: 39.7g (14.44%), Sugar: 18.02g (20.02%), Cholesterol: 28.57mg (9.52%), Sodium: 106.35mg (4.62%), Alcohol: 0.14g (100%), Alcohol %: 0.22% (100%), Protein: 6.09g (12.18%), Manganese: 1.39mg (69.72%), Selenium: 16.8µg (24.01%), Fiber: 5.55g (22.21%), Magnesium: 76.28mg (19.07%), Phosphorus: 181.66mg (18.17%), Vitamin B1: 0.27mg (17.8%), Copper: 0.31mg (15.72%), Iron: 2.19mg (12.19%), Zinc: 1.44mg (9.61%), Calcium: 80.28mg (8.03%), Vitamin B6: 0.15mg (7.41%), Potassium: 253.35mg (7.24%), Vitamin B3: 1.28mg (6.38%), Vitamin B2: 0.1mg (5.78%), Folate: 21.39µg (5.35%), Vitamin B5: 0.39mg (3.9%), Vitamin A: 167.54IU (3.35%), Vitamin E: 0.47mg (3.16%), Vitamin K: 3.25µg (3.1%)