



## Monsters

READY IN



25 min.

SERVINGS



24

CALORIES



346 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 2 teaspoons baking soda
- ☐ 0.5 cup butterscotch chips
- ☐ 0.5 cup candy coated chocolates mini (M&Ms)
- ☐ 0.5 cup chocolate chips dark
- ☐ 3 large eggs
- ☐ 1 cup granulated sugar organic
- ☐ 1 cup brown sugar light packed
- ☐ 1 teaspoon maple syrup
- ☐ 4.5 cups old-fashioned rolled oats

- ☐ 14 ounces peanut butter
- ☐ 0.5 cup chips white
- ☐ 2.3 ounces regular organic all-purpose
- ☐ 1 teaspoon salt
- ☐ 0.5 cup butter unsalted cooled melted (1 stick)
- ☐ 1.5 teaspoon vanilla extract

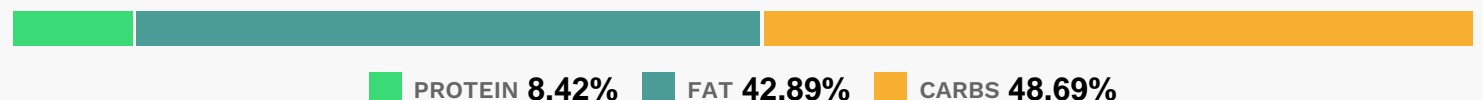
## Equipment

- ☐ baking sheet
- ☐ oven
- ☐ mixing bowl
- ☐ wire rack
- ☐ aluminum foil

## Directions

- ☐ Preheat the oven to 350 degrees F now, or wait and do it a little later in the process. The dough will need to sit for 30 minutes. Have ready two or three greased or nonstick foil lined baking sheets. In a large mixing bowl, stir together the eggs, both types of sugar, baking soda, salt, maple syrup and vanilla. Stir in the peanut butter and melted butter. When mixed, add flour and stir until blended. Lastly, stir in the oats, all the different chips and the candies.
- ☐ Let the dough sit for 30 minutes so that the oats can absorb some moisture. At this point, you might also want to preheat the oven. Using a quarter cup measure, scoop up dough and arrange mounds about 4 inches apart on the sheets. Press the tops down slightly to flatten somewhat (you want even mounds rather than spheres).
- ☐ Bake at 350 degrees F for 12 to 15 minutes or until cookies appear set and lightly browned around the edges.
- ☐ Let cool on the baking sheet for 5 minutes, then transfer cookies to a wire rack to cool.

## Nutrition Facts



## Properties

Glycemic Index:12.5, Glycemic Load:12.08, Inflammation Score:-3, Nutrition Score:8.4356521471687%

Nutrients (% of daily need)

Calories: 345.96kcal (17.3%), Fat: 16.97g (26.11%), Saturated Fat: 6.48g (40.5%), Carbohydrates: 43.34g (14.45%), Net Carbohydrates: 40.46g (14.71%), Sugar: 26.17g (29.08%), Cholesterol: 34.42mg (11.47%), Sodium: 317.06mg (13.79%), Alcohol: 0.09g (100%), Alcohol %: 0.14% (100%), Protein: 7.49g (14.99%), Manganese: 0.84mg (42.23%), Phosphorus: 143.71mg (14.37%), Vitamin B3: 2.69mg (13.47%), Magnesium: 53.51mg (13.38%), Vitamin E: 1.81mg (12.06%), Selenium: 8.34µg (11.91%), Fiber: 2.88g (11.53%), Vitamin B1: 0.12mg (8.29%), Zinc: 1.23mg (8.23%), Iron: 1.4mg (7.8%), Copper: 0.15mg (7.58%), Folate: 28.99µg (7.25%), Vitamin B2: 0.11mg (6.63%), Potassium: 219.35mg (6.27%), Vitamin B6: 0.12mg (5.91%), Vitamin B5: 0.53mg (5.25%), Calcium: 46.11mg (4.61%), Vitamin A: 165.56IU (3.31%), Vitamin D: 0.2µg (1.31%), Vitamin B12: 0.07µg (1.24%)