



## No-Bake Granola Jam Thumbprint Cookies

 Vegetarian  Vegan  Dairy Free

READY IN



60 min.

SERVINGS



14

CALORIES



265 kcal

DESSERT

### Ingredients

- 3 cups cereal
- 0.5 cup brown sugar packed
- 0.5 cup plus light
- 0.5 cup creamy peanut butter
- 0.5 teaspoon vanilla
- 0.3 cup strawberry jam red
- 14 almonds

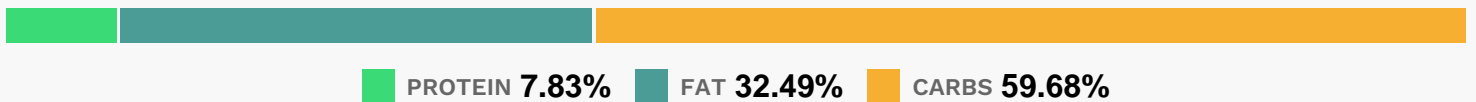
### Equipment

- food processor
- bowl
- baking sheet
- sauce pan
- baking paper

## Directions

- In food processor, place granola. Cover; process, using quick on-and-off motions, until finely ground.
- Place in medium bowl. Set aside.
- In 2-quart heavy saucepan, mix brown sugar, corn syrup and peanut butter.
- Heat to boiling over medium-high heat, stirring constantly.
- Remove from heat; stir in vanilla.
- Pour syrup mixture over granola. Stir until well combined.
- Let cool 5 minutes. Shape mixture into 14 balls.
- Place each ball on cooking parchment paper-lined cookie sheet. Flatten ball slightly and press thumb into center of each ball to make indentation. Spoon jam in indentation of each cookie. Top with almond slice.

## Nutrition Facts



## Properties

Glycemic Index:7, Glycemic Load:4.28, Inflammation Score:-2, Nutrition Score:6.813043464785%

## Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg

## Nutrients (% of daily need)

Calories: 264.5kcal (13.22%), Fat: 9.95g (15.3%), Saturated Fat: 1.55g (9.69%), Carbohydrates: 41.1g (13.7%), Net Carbohydrates: 39.11g (14.22%), Sugar: 26.29g (29.21%), Cholesterol: 0mg (0%), Sodium: 59.87mg (2.6%), Alcohol: 0.05g (100%), Alcohol %: 0.1% (100%), Protein: 5.39g (10.79%), Manganese: 0.87mg (43.32%), Vitamin E: 2.11mg (14.06%), Phosphorus: 114.38mg (11.44%), Magnesium: 43.15mg (10.79%), Fiber: 1.99g (7.97%), Iron: 1.42mg (7.89%), Vitamin B3: 1.52mg (7.61%), Selenium: 5.24µg (7.49%), Vitamin B1: 0.1mg (6.93%), Copper: 0.13mg (6.73%), Zinc: 0.85mg (5.65%), Potassium: 176.19mg (5.03%), Vitamin B2: 0.08mg (4.75%), Folate: 18µg (4.5%), Vitamin B6: 0.08mg (3.91%), Calcium: 39.02mg (3.9%), Vitamin B5: 0.26mg (2.63%), Vitamin K: 1.18µg (1.12%)