



No-Bake Tastykake-Inspired Butterscotch Oatmeal Cookies

 Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



8

CALORIES



332 kcal

DESSERT

Ingredients

- ☐ 1 cup vanilla almond milk fine ("regular" or soy milk is also)
- ☐ 1 cup butterscotch chips (I used Nestle Tollhouse Butterscotch Morsels)
- ☐ 1 cup peanut butter
- ☐ 1 cup oats instant (not or old-fashioned)
- ☐ 1 granulated sugar white
- ☐ 1 cup apple sauce unsweetened

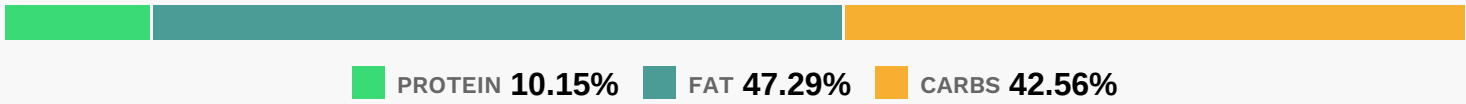
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ stove
- ☐ muffin liners

Directions

- ☐ Set aside the peanut butter and oats in a bowl. Pre-measure for ease.
- ☐ Bring to a slow boil the butterscotch chips, applesauce, sugar, and milk in a pot on the stove top.
- ☐ Add the butterscotch, applesauce, sugar, and milk mixture to the oats and quickly fold in the peanut butter.
- ☐ Mix well.
- ☐ Spoon mixture into 8 to 12 cupcake liners. (The original recipe suggests an 8x8 pan, but given the stickiness of the bars, I think the individual liners work better). Chill for 4 hours.

Nutrition Facts



Properties

Glycemic Index:15.51, Glycemic Load:3.21, Inflammation Score:-4, Nutrition Score:8.96956518422%

Flavonoids

Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg Epicatechin: 1.65mg, Epicatechin: 1.65mg, Epicatechin: 1.65mg, Epicatechin: 1.65mg Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg

Nutrients (% of daily need)

Calories: 331.7kcal (16.58%), Fat: 18.25g (28.07%), Saturated Fat: 3.81g (23.81%), Carbohydrates: 36.96g (12.32%), Net Carbohydrates: 33.96g (12.35%), Sugar: 23.61g (26.24%), Cholesterol: 1.91mg (0.64%), Sodium: 263.28mg (11.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.81g (17.62%), Manganese: 0.85mg (42.43%), Vitamin B3: 4.43mg (22.14%), Vitamin E: 3.05mg (20.32%), Magnesium: 69.4mg (17.35%), Phosphorus: 152.62mg (15.26%), Fiber: 3g (12%), Copper: 0.18mg (9.18%), Zinc: 1.22mg (8.11%), Vitamin B6: 0.16mg (8.08%), Folate: 31.89µg (7.97%), Potassium: 241.79mg (6.91%), Vitamin B1: 0.1mg (6.77%), Selenium: 4.47µg (6.39%), Calcium: 60.64mg (6.06%),

Iron: 1.06mg (5.89%), Vitamin B2: 0.09mg (5.29%), Vitamin B5: 0.47mg (4.69%)