



WHATSheATE



Oatmeal and Pie Spice Cookies



Dairy Free

READY IN



45 min.

SERVINGS



60

CALORIES



150 kcal

Ingredients

- ☐ 60 servings cookie base
- ☐ 2 cups old-fashioned oatmeal
- ☐ 1 teaspoon pumpkin pie spice (or substitute)

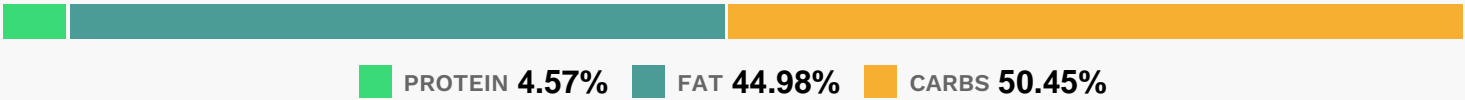
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil
- ☐ ziploc bags

Directions

- ☐ Make the cookie base recipe, adding the oatmeal and apple pie or pumpkin pie spice (or substitute).Shape and bake as in the base recipe, or roll and freeze. Cool on the baking sheets for 5 minutes.
- ☐ Transfer the cookies to wire racks.To Make Now and
- ☐ Bake Later: When you mix a batch of cookies, double the recipe.
- ☐ Bake half the dough according to the recipe and divide the rest into 4 equal portions.
- ☐ Roll each portion into a log about 1 1/2 inches in diameter. Wrap each log in plastic, then place in a resealable plastic bag. To save yourself time and hassle, label the bag with the flavor, the oven temperature, and the baking time, adding 3 to 6 minutes to the regular oven time. Freeze the dough for up to 3 months. To bake, slice the frozen dough into rounds about 1/2 inch thick, making as few or as many as you would like.
- ☐ Bake on a parchment- or foil-lined baking sheet.

Nutrition Facts



Properties

Glycemic Index:2.08, Glycemic Load:11.68, Inflammation Score:-1, Nutrition Score:2.6008695497623%

Nutrients (% of daily need)

Calories: 149.56kcal (7.48%), Fat: 7.46g (11.47%), Saturated Fat: 2.29g (14.34%), Carbohydrates: 18.82g (6.27%), Net Carbohydrates: 18.32g (6.66%), Sugar: 6.07g (6.75%), Cholesterol: 0mg (0%), Sodium: 99.17mg (4.31%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 1.7g (3.41%), Manganese: 0.17mg (8.51%), Vitamin B1: 0.1mg (6.99%), Folate: 23.15µg (5.79%), Vitamin B2: 0.09mg (5.25%), Iron: 0.91mg (5.06%), Vitamin B3: 0.94mg (4.68%), Vitamin E: 0.69mg (4.6%), Selenium: 2.16µg (3.08%), Vitamin K: 3.11µg (2.96%), Phosphorus: 24.51mg (2.45%), Fiber: 0.5g (2%), Copper: 0.03mg (1.56%), Magnesium: 6.07mg (1.52%), Zinc: 0.22mg (1.44%), Vitamin B5: 0.11mg (1.09%), Vitamin B6: 0.02mg (1.02%)