



## Oatmeal Cinnamon Drops

READY IN



45 min.

SERVINGS



72

CALORIES



90 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- ☐ 1.5 teaspoons baking soda
- ☐ 1 cup butter
- ☐ 2 eggs
- ☐ 2 cups flour all-purpose
- ☐ 1 teaspoon ground cinnamon
- ☐ 1 tablespoon blackstrap molasses
- ☐ 2 cups cooking oats quick
- ☐ 0.7 cup raisins
- ☐ 0.5 cup semi chocolate chips

- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup walnuts chopped
- ☐ 2 cups sugar white

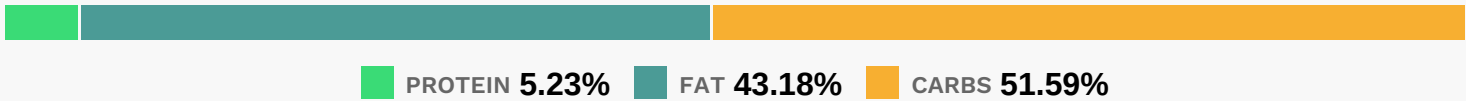
## Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

## Directions

- ☐ Preheat oven to 350 degrees F. Grease cookie sheets.
- ☐ Cream together the butter and sugar.
- ☐ Add eggs, molasses and vanilla.
- ☐ In a separate bowl, combine the flour, cinnamon, and baking soda. Gradually add to the cream mixture.
- ☐ Stir in oatmeal, raisins, nuts and chocolate chips.
- ☐ Drop by teaspoonfuls onto greased cookie sheet.
- ☐ Bake for 12 minutes or until light brown.

## Nutrition Facts



## Properties

Glycemic Index:5.39, Glycemic Load:7.34, Inflammation Score:-1, Nutrition Score:1.9773913135995%

## Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg

## Nutrients (% of daily need)

Calories: 89.61kcal (4.48%), Fat: 4.43g (6.81%), Saturated Fat: 2.07g (12.92%), Carbohydrates: 11.9g (3.97%), Net Carbohydrates: 11.28g (4.1%), Sugar: 6.31g (7.01%), Cholesterol: 11.4mg (3.8%), Sodium: 45.64mg (1.98%), Alcohol: 0.02g (100%), Alcohol %: 0.12% (100%), Protein: 1.21g (2.41%), Manganese: 0.21mg (10.3%), Selenium: 2.63µg

(3.75%), Magnesium: 12.92mg (3.23%), Vitamin B1: 0.05mg (3.18%), Copper: 0.06mg (3.08%), Phosphorus: 27.23mg (2.72%), Iron: 0.47mg (2.59%), Fiber: 0.62g (2.48%), Folate: 9.38µg (2.34%), Vitamin B2: 0.03mg (1.95%), Vitamin A: 86.42IU (1.73%), Vitamin B3: 0.27mg (1.36%), Zinc: 0.2mg (1.35%), Potassium: 43.92mg (1.25%)