



Outrageous Oat Bran Cookies

READY IN



25 min.

SERVINGS



44

CALORIES



96 kcal

DESSERT

Ingredients

- ☐ 1 cup all purpose flour
- ☐ 0.3 teaspoon double-acting baking powder
- ☐ 0.8 teaspoon baking soda
- ☐ 0.8 cup butter softened ()
- ☐ 0.3 cup flax seed (I used powdered flax seed)
- ☐ 0.3 cup granulated sugar
- ☐ 44 servings little ground cinnamon (Optional)
- ☐ 0.8 cup brown sugar light (I used)
- ☐ 1 cup oat bran

- ☐ 0.5 cup raisins (Optional)
- ☐ 0.5 cup apple sauce unsweetened
- ☐ 2 teaspoons vanilla extract
- ☐ 1 cup flour whole wheat white

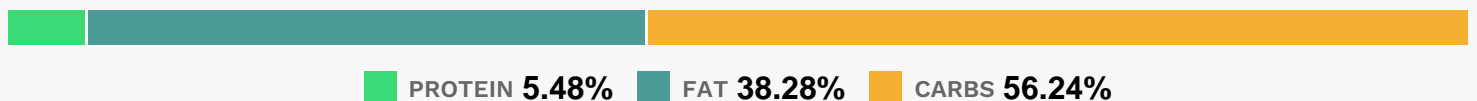
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ wire rack
- ☐ butter knife

Directions

- ☐ Preheat oven to 350F for 15 minutes. Grease the baking sheet or line it with parchment paper. In a big bowl combine together the flours, bran, flax seed, baking powder, baking soda and raisins (if using) and set aside. In a medium bowl, blend together butter and sugars until creamy.
- ☐ Add applesauce and vanilla and mix until well blended. If you use an electric beater to mix the applesauce it may look curdled, but don't worry. To the wet ingredients add the dry ingredients and mix well. Drop the dough by tablespoon on prepared baking sheets. Lightly spray the tablespoon with non stick spray, so that the dough will drop easily. Use a butter knife to scoop out the dough from the tablespoon. The baking time mentioned in the recipe is 8-10 minutes. The cookies look very even after 9 minutes but I removed them out anyway. After it cooled we tasted it and felt that it required further baking. So baked again for another 3 minutes. This time it had a nice golden brown color. Leave it in the baking sheet itself for a minute and then transfer it to a wire rack to cool completely.

Nutrition Facts



Properties

Glycemic Index:8.6, Glycemic Load:3.42, Inflammation Score:-1, Nutrition Score:3.163913010903%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 95.92kcal (4.8%), Fat: 4.42g (6.8%), Saturated Fat: 2.44g (15.23%), Carbohydrates: 14.62g (4.87%), Net Carbohydrates: 12.5g (4.54%), Sugar: 6.71g (7.45%), Cholesterol: 8.32mg (2.77%), Sodium: 47.73mg (2.08%), Alcohol: 0.06g (100%), Alcohol %: 0.31% (100%), Protein: 1.43g (2.85%), Manganese: 0.55mg (27.48%), Fiber: 2.12g (8.49%), Vitamin B1: 0.07mg (4.75%), Selenium: 2.6µg (3.72%), Iron: 0.6mg (3.34%), Calcium: 33.28mg (3.33%), Phosphorus: 32.22mg (3.22%), Magnesium: 12.5mg (3.13%), Vitamin A: 103.4IU (2.07%), Folate: 7.8µg (1.95%), Copper: 0.04mg (1.81%), Potassium: 51.97mg (1.48%), Vitamin B2: 0.03mg (1.47%), Vitamin B3: 0.26mg (1.29%), Zinc: 0.19mg (1.26%), Vitamin E: 0.17mg (1.15%)