



Peanut Butter Chocolate Chip Cookies

 Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



109 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 0.7 cup cane sugar
- ☐ 2 tablespoons canola oil
- ☐ 1 eggs
- ☐ 0.8 cup old fashioned oats
- ☐ 0.5 cup natural peanut butter (only peanuts and salt)
- ☐ 0.3 cup semi chocolate chips
- ☐ 0.3 cup soy milk plain (or vanilla)

- ☐ 0.5 teaspoon vanilla extract
- ☐ 1 cup flour whole wheat

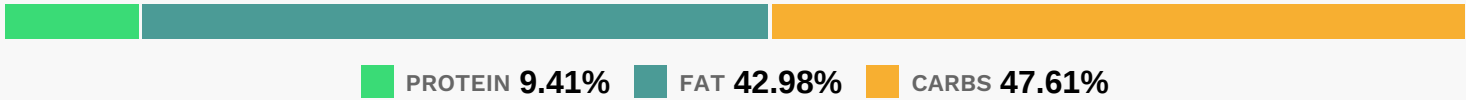
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 350 degrees. In a medium bowl, combine soy milk, vanilla extract, egg, canola oil and peanut butter and mix well. In a large bowl, combine oats, flour, sugar and baking soda.
- ☐ Pour the peanut butter mixture into the dry ingredients and stir until a stiff dough forms.
- ☐ Mix in the chocolate chips. Form into 1-inch round balls and drop onto lightly greased cookie sheets.
- ☐ Bake for 13–15 minutes, or until lightly browned.

Nutrition Facts



Properties

Glycemic Index:6.56, Glycemic Load:4.62, Inflammation Score:-1, Nutrition Score:3.6665217312782%

Nutrients (% of daily need)

Calories: 108.84kcal (5.44%), Fat: 5.4g (8.31%), Saturated Fat: 1.29g (8.07%), Carbohydrates: 13.46g (4.49%), Net Carbohydrates: 12.21g (4.44%), Sugar: 7.15g (7.95%), Cholesterol: 6.97mg (2.32%), Sodium: 73.06mg (3.18%), Alcohol: 0.03g (100%), Alcohol %: 0.14% (100%), Protein: 2.66g (5.32%), Manganese: 0.41mg (20.41%), Selenium: 4.91µg (7.01%), Magnesium: 24.06mg (6.02%), Phosphorus: 56.59mg (5.66%), Vitamin E: 0.84mg (5.57%), Vitamin B3: 1.09mg (5.47%), Fiber: 1.26g (5.03%), Copper: 0.09mg (4.45%), Iron: 0.59mg (3.25%), Vitamin B1: 0.05mg (3.15%), Zinc: 0.46mg (3.03%), Vitamin B6: 0.06mg (2.82%), Folate: 9.28µg (2.32%), Vitamin B2: 0.04mg (2.24%), Potassium: 78.04mg (2.23%), Vitamin B5: 0.15mg (1.51%), Calcium: 11.73mg (1.17%), Vitamin K: 1.18µg (1.12%)