

Peanut Butter Oatmeal Cookies

 Dairy Free

READY IN



45 min.

SERVINGS



72

CALORIES



120 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons baking soda
- ☐ 2 cups brown sugar packed
- ☐ 3 eggs
- ☐ 1.5 cups peanut butter
- ☐ 3 cups cooking oats quick
- ☐ 1 teaspoon salt
- ☐ 1.5 cups shortening
- ☐ 2 teaspoons vanilla extract

☐ 2 cups flour whole wheat

Equipment

☐ baking sheet

☐ oven

☐ mixing bowl

Directions

☐ Preheat oven to 350 degrees F (180 degrees C).

☐ In a mixing bowl, cream the shortening and peanut butter.

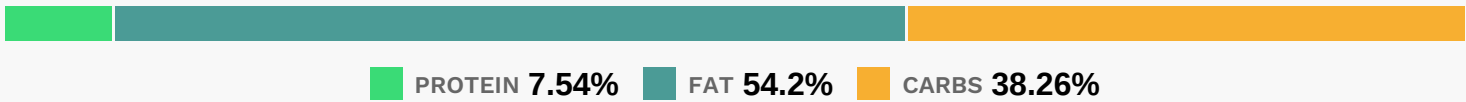
☐ Add the brown sugar, eggs, and vanilla; mix well.

☐ Combine oats, flour, baking soda, and salt; add to the creamed mixture and mix well.

☐ Drop by the rounded teaspoonfuls onto ungreased baking sheet. Flatten with fork.

☐ Bake for 12 minutes or until done.

Nutrition Facts



Properties

Glycemic Index:1.1, Glycemic Load:1.42, Inflammation Score:-1, Nutrition Score:3.1665216826874%

Nutrients (% of daily need)

Calories: 119.87kcal (5.99%), Fat: 7.51g (11.55%), Saturated Fat: 1.72g (10.75%), Carbohydrates: 11.92g (3.97%), Net Carbohydrates: 10.99g (4%), Sugar: 6.57g (7.31%), Cholesterol: 6.82mg (2.27%), Sodium: 90.42mg (3.93%), Alcohol: 0.04g (100%), Alcohol %: 0.2% (100%), Protein: 2.35g (4.7%), Manganese: 0.36mg (18.22%), Magnesium: 23.56mg (5.89%), Selenium: 4.07µg (5.81%), Vitamin E: 0.82mg (5.45%), Phosphorus: 49.48mg (4.95%), Vitamin B3: 0.92mg (4.58%), Fiber: 0.93g (3.73%), Vitamin B1: 0.04mg (2.93%), Copper: 0.05mg (2.65%), Iron: 0.45mg (2.49%), Zinc: 0.36mg (2.38%), Vitamin K: 2.47µg (2.35%), Vitamin B6: 0.05mg (2.33%), Folate: 8.09µg (2.02%), Potassium: 65.34mg (1.87%), Vitamin B5: 0.17mg (1.66%), Vitamin B2: 0.03mg (1.66%), Calcium: 11.53mg (1.15%)