



Quick Candy Cookie Sticks

 Dairy Free

READY IN



40 min.

SERVINGS



56

CALORIES



45 kcal

DESSERT

Ingredients

- ☐ 0.5 cup granulated sugar
- ☐ 0.5 cup brown sugar packed
- ☐ 0.5 cup vegetable oil
- ☐ 1 teaspoon vanilla
- ☐ 1 eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 0.5 teaspoon baking soda
- ☐ 0.5 teaspoon salt

☐ 0.8 cup m&m candies

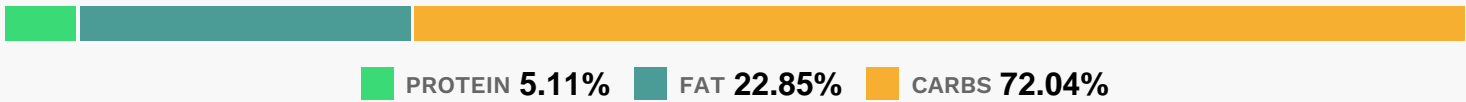
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ wire rack

Directions

- ☐ Heat oven to 375°F.
- ☐ In large bowl, mix sugars, oil, vanilla and egg with spoon until smooth. Stir in flour, baking soda and salt. Stir in 1/4 cup of the candies.
- ☐ Divide dough into fourths. Shape each fourth into roll, about 14 inches long, on ungreased cookie sheet, placing 2 rolls on a cookie sheet. Pat each roll to about 1/2-inch thickness.
- ☐ Sprinkle 2 tablespoons of the remaining candies on each strip; press lightly.
- ☐ Bake 6 to 8 minutes or until golden brown; cool 2 minutes.
- ☐ Cut each strip crosswise into 1-inch slices; remove from cookie sheet to wire rack.

Nutrition Facts



Properties

Glycemic Index:2.59, Glycemic Load:3.1, Inflammation Score:-1, Nutrition Score:0.64130434928381%

Nutrients (% of daily need)

Calories: 45.28kcal (2.26%), Fat: 1.15g (1.77%), Saturated Fat: 0.49g (3.08%), Carbohydrates: 8.18g (2.73%), Net Carbohydrates: 8.02g (2.91%), Sugar: 5.45g (6.06%), Cholesterol: 3.34mg (1.11%), Sodium: 34.19mg (1.49%), Alcohol: 0.02g (100%), Alcohol %: 0.24% (100%), Protein: 0.58g (1.16%), Selenium: 1.41µg (2.02%), Vitamin B1: 0.03mg (1.77%), Folate: 6.52µg (1.63%), Manganese: 0.02mg (1.23%), Vitamin B2: 0.02mg (1.21%), Iron: 0.22mg (1.21%)