



Raisin Peanut Butter Bran Cookies

 Vegetarian

READY IN

ready

45 min.

SERVINGS

servings

24

CALORIES

calories

242 kcal

DESSERT

Ingredients

- ☐ 0.8 cup bran cereal whole
- ☐ 1 teaspoon baking soda
- ☐ 1.3 cups brown sugar packed
- ☐ 1 cup butter
- ☐ 2 eggs
- ☐ 0.5 cup peanut butter
- ☐ 2.5 cups raisins
- ☐ 2 cups rolled oats

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

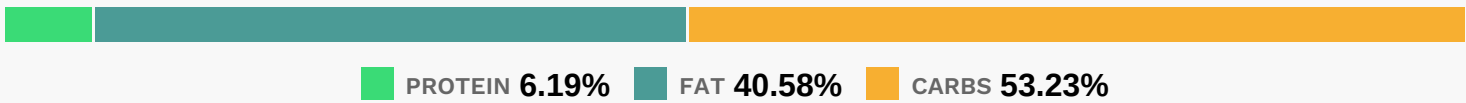
Equipment

- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ mixing bowl
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Line cookie sheets with aluminum foil or baking parchment.
- ☐ In a large saucepan, melt the butter over medium heat.
- ☐ Add peanut butter and sugar and stir until melted.
- ☐ Remove from heat.
- ☐ Transfer to large mixing bowl and stir in bran cereal. Stir in eggs and vanilla and mix well. Fold in raisins and oatmeal and stir until well blended.
- ☐ Sift together flour and baking soda and add to mixture.
- ☐ Mix thoroughly.
- ☐ Drop dough by tablespoonfuls onto cookie sheets. Dip a fork into water and press to flatten dough to 1/2 inch thickness.
- ☐ Bake for 15 minutes, or until cookies are lightly colored. Reverse sheet once during baking time.
- ☐ Let stand on wire racks to cool.

Nutrition Facts



Properties

Glycemic Index:8.64, Glycemic Load:8.44, Inflammation Score:-4, Nutrition Score:7.9526086890179%

Nutrients (% of daily need)

Calories: 241.5kcal (12.08%), Fat: 11.51g (17.7%), Saturated Fat: 5.66g (35.4%), Carbohydrates: 33.96g (11.32%), Net Carbohydrates: 30.88g (11.23%), Sugar: 12.11g (13.46%), Cholesterol: 33.98mg (11.33%), Sodium: 147.64mg (6.42%), Alcohol: 0.06g (100%), Alcohol %: 0.12% (100%), Protein: 3.95g (7.9%), Manganese: 0.72mg (36%), Vitamin B6: 0.32mg (16.16%), Fiber: 3.07g (12.28%), Phosphorus: 107.38mg (10.74%), Selenium: 6.89µg (9.85%), Magnesium: 38.48mg (9.62%), Folate: 36.94µg (9.24%), Vitamin B1: 0.13mg (8.43%), Iron: 1.44mg (8%), Vitamin B2: 0.13mg (7.6%), Vitamin B3: 1.51mg (7.57%), Copper: 0.14mg (7.17%), Vitamin B12: 0.41µg (6.88%), Potassium: 240.11mg (6.86%), Vitamin A: 290.46IU (5.81%), Zinc: 0.84mg (5.6%), Vitamin E: 0.83mg (5.56%), Calcium: 33.47mg (3.35%), Vitamin B5: 0.27mg (2.72%), Vitamin C: 1.2mg (1.46%), Vitamin D: 0.16µg (1.04%)