



Revised Version of Michelle Obama's Cookie

READY IN



20 min.

SERVINGS



48

CALORIES



292 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons baking soda
- ☐ 0.8 cup brown sugar packed
- ☐ 0.5 cup butter-flavored solid vegetable shortening
- ☐ 1 cup extra chocolate chips dark
- ☐ 1 tablespoon plus light (such as Karo)
- ☐ 1.5 cups crunchy peanut butter
- ☐ 1 cup chocolate chips dark
- ☐ 3 eggs
- ☐ 2.3 cups flour all-purpose

- ☐ 1 cup granulated sugar
- ☐ 1 cup brown sugar light packed
- ☐ 0.7 cup m&m's candies
- ☐ 4.5 cups old-fashioned rolled oats
- ☐ 1 teaspoon salt
- ☐ 0.5 cup butter unsalted softened (1 stick)
- ☐ 0.5 teaspoon vanilla extract
- ☐ 2 cups walnuts toasted chopped
- ☐ 1 cup chocolate chips white

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ wire rack
- ☐ blender
- ☐ hand mixer
- ☐ aluminum foil

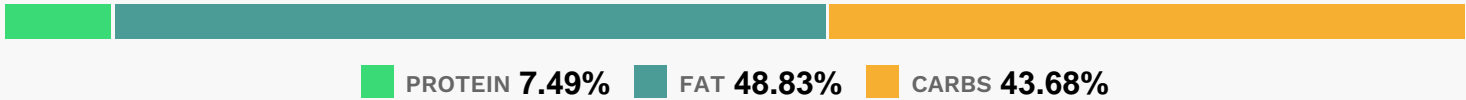
Directions

- ☐ Preheat the oven to 375°. Have ready two ungreased baking sheets.
- ☐ Mix the flour, baking soda and salt together in a small bowl. Using medium-high speed of an electric mixer, beat the butter, vegetable shortening, granulated sugar, and brown sugar until creamy. Beat in the vanilla extract. Reduce mixer speed to medium and beat in the eggs, beating just until mixed. By hand, stir in the flour mixture. When flour mixture is incorporated, stir in chips and nuts. Drop rounded tablespoons of dough onto baking sheets.
- ☐ Bake at 375° for 10 to 12 minutes or until golden brown. Cool on baking sheets for 5 minutes; remove to wire racks to cool completely. Preheat oven to 325 degrees F. Line two baking sheets with nonstick foil or parchment paper. In a large bowl, using an electric mixer, beat

sugars, butter, peanut butter and corn syrup on high speed until creamy. Beat in eggs 1 at a time. Beat in vanilla extract.In a separate bowl, mix together oats and baking soda. Stir into peanut butter mixture until combined.

- ☐
- Mix in chocolate chips and M&M's.Using about a 1/4 cup measure, drop dough onto baking sheets (about 9 per sheet). Press tops down slightly.
- ☐
- Bake at 325 degrees F for 18 minutes or until lightly browned. Cool 2 minutes, then transfer cookies to a wire rack to cool completely.

Nutrition Facts



Properties

Glycemic Index:6.13, Glycemic Load:9.58, Inflammation Score:-3, Nutrition Score:6.6695651509192%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg

Nutrients (% of daily need)

Calories: 292.42kcal (14.62%), Fat: 16.32g (25.11%), Saturated Fat: 6.16g (38.5%), Carbohydrates: 32.84g (10.95%), Net Carbohydrates: 30.57g (11.12%), Sugar: 19.78g (21.98%), Cholesterol: 16.61mg (5.54%), Sodium: 154.09mg (6.7%), Alcohol: 0.01g (100%), Alcohol %: 0.03% (100%), Protein: 5.64g (11.27%), Manganese: 0.64mg (32.23%), Phosphorus: 102.47mg (10.25%), Selenium: 6.63µg (9.48%), Copper: 0.18mg (9.24%), Magnesium: 36.64mg (9.16%), Fiber: 2.27g (9.07%), Vitamin B3: 1.71mg (8.54%), Vitamin B1: 0.12mg (7.86%), Folate: 28.63µg (7.16%), Zinc: 1.03mg (6.86%), Iron: 1.14mg (6.34%), Vitamin E: 0.95mg (6.31%), Vitamin B2: 0.1mg (5.6%), Calcium: 55.7mg (5.57%), Potassium: 188.74mg (5.39%), Vitamin B6: 0.09mg (4.5%), Vitamin B5: 0.38mg (3.78%), Vitamin K: 2.57µg (2.45%), Vitamin A: 83.26IU (1.67%), Vitamin B12: 0.07µg (1.17%)