



Small Batch Halloween Monster Cookies

READY IN



45 min.

SERVINGS



8

CALORIES



347 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon baking soda generous
- ☐ 0.3 cup brown sugar packed
- ☐ 0.3 cup extra chocolate chips
- ☐ 0.5 cup creamy peanut butter
- ☐ 1 large eggs
- ☐ 0.3 cup granulated sugar
- ☐ 0.5 cup halloween m&m's to taste (use more or less)
- ☐ 1.5 cups cooking oats quick
- ☐ 0.3 very slightly rounded teaspoon salt

- ☐ 2.5 tablespoons butter unsalted softened
- ☐ 0.5 teaspoon vanilla
- ☐ 2 tablespoons flour whole wheat white (don't pack)

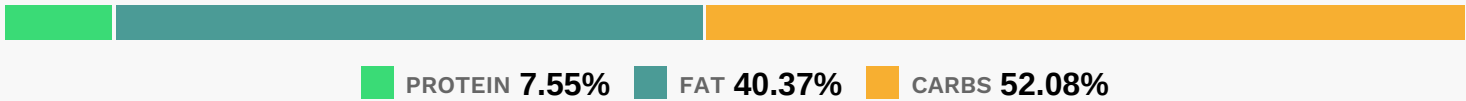
Equipment

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

Directions

- ☐ Preheat oven to 350 degrees F. Line two cookie sheets with parchment or Release foil.In a mixing bowl, beat the egg, both sugars, vanilla, baking soda and salt. Stir in softened butter and peanut butter, followed by oats and flour. Stir in other ingredients.
- ☐ Let dough rest for 30 minutes.Using a 1/4 cup measure, scoop up dough and shape into balls. Press the balls slightly to form discs and place 4 to a cookie sheet.
- ☐ Bake one sheet at a time for 12 minutes. Cool on cookie sheet for 2 minutes, them move to a rack to cool.

Nutrition Facts



Properties

Glycemic Index:18.64, Glycemic Load:12.02, Inflammation Score:-4, Nutrition Score:7.887391279573%

Nutrients (% of daily need)

Calories: 346.65kcal (17.33%), Fat: 16.15g (24.84%), Saturated Fat: 6.06g (37.87%), Carbohydrates: 46.87g (15.62%), Net Carbohydrates: 44.48g (16.17%), Sugar: 32.56g (36.18%), Cholesterol: 32.66mg (10.89%), Sodium: 150.06mg (6.52%), Alcohol: 0.09g (100%), Alcohol %: 0.14% (100%), Protein: 6.8g (13.59%), Manganese: 0.9mg (44.94%), Magnesium: 69.99mg (17.5%), Phosphorus: 138.1mg (13.81%), Vitamin E: 1.74mg (11.62%), Vitamin B3: 2.29mg (11.43%), Selenium: 7.95µg (11.36%), Fiber: 2.39g (9.56%), Vitamin B1: 0.11mg (7.14%), Iron: 1.21mg (6.71%), Copper: 0.13mg (6.71%), Zinc: 0.98mg (6.56%), Folate: 21.89µg (5.47%), Potassium: 191.26mg (5.46%), Vitamin B6: 0.1mg (5.07%), Vitamin B2: 0.08mg (4.76%), Vitamin B5: 0.39mg (3.92%), Calcium: 33.92mg (3.39%), Vitamin A: 143.08IU

(2.86%), Vitamin D: 0.19µg (1.27%), Vitamin B12: 0.06µg (1.05%)