



Super Chunky Trail Mix Cookies (White Whole Wheat Flour)

 Dairy Free

READY IN



70 min.

SERVINGS



84

CALORIES



111 kcal

DESSERT

Ingredients

- ☐ 1 cup granulated sugar
- ☐ 1 cup brown sugar packed
- ☐ 1 cup creamy peanut butter
- ☐ 1 cup butter softened
- ☐ 2 teaspoons vanilla
- ☐ 2 eggs
- ☐ 1.8 cups flour whole wheat white

- ☐ 1.5 cups oats
- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 2 cups m&m candies
- ☐ 1 cup roasted peanuts
- ☐ 0.8 cup raisins

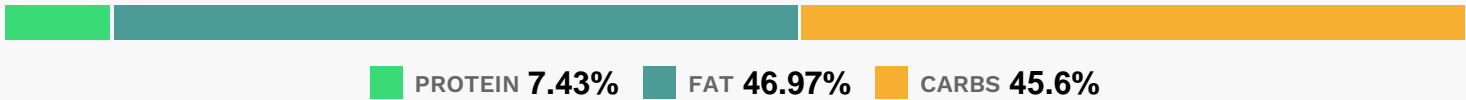
Equipment

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

Directions

- ☐ Heat oven to 375°F. In large bowl, beat sugars, peanut butter, butter, vanilla and eggs with electric mixer on medium speed until creamy. Stir in flour, oats, baking powder and baking soda until well blended. Stir in candies, peanuts and raisins.
- ☐ On ungreased cookie sheets, drop dough by rounded tablespoonfuls about 2 inches apart; flatten slightly with bottom of drinking glass.
- ☐ Bake 8 to 9 minutes or until light brown. Cool 2 minutes; remove from cookie sheets to cooling rack. Cool completely; store tightly covered.

Nutrition Facts



Properties

Glycemic Index:3.57, Glycemic Load:2.85, Inflammation Score:-1, Nutrition Score:1.8347825911706%

Nutrients (% of daily need)

Calories: 111.14kcal (5.56%), Fat: 6.01g (9.25%), Saturated Fat: 1.66g (10.38%), Carbohydrates: 13.13g (4.38%), Net Carbohydrates: 12.22g (4.44%), Sugar: 8.37g (9.3%), Cholesterol: 4.64mg (1.55%), Sodium: 70.29mg (3.06%), Alcohol: 0.03g (100%), Alcohol %: 0.17% (100%), Protein: 2.14g (4.28%), Manganese: 0.15mg (7.7%), Fiber: 0.91g (3.64%), Vitamin B3: 0.7mg (3.5%), Magnesium: 12.88mg (3.22%), Phosphorus: 28.59mg (2.86%), Vitamin E: 0.38mg (2.56%), Vitamin A: 113.41IU (2.27%), Iron: 0.36mg (1.98%), Calcium: 18.1mg (1.81%), Copper: 0.04mg (1.79%), Selenium: 1.12µg (1.61%), Potassium: 55.69mg (1.59%), Folate: 5.88µg (1.47%), Vitamin B1: 0.02mg (1.31%), Vitamin B6: 0.03mg (1.25%), Zinc: 0.18mg (1.17%), Vitamin B2: 0.02mg (1.05%)