



## Surprise Oatmeal Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



274 kcal

DESSERT

### Ingredients

- ☐ 0.5 teaspoon baking soda
- ☐ 0.3 teaspoon cinnamon
- ☐ 2 tablespoons currants (or raisins)
- ☐ 0.5 cup cranberries dried
- ☐ 1 large eggs
- ☐ 0.8 cups brown sugar light packed
- ☐ 1 cup old fashioned oats
- ☐ 0.8 cups pecans toasted

- ☐ 1.5 oz potato chips –lightly crushed (weigh) (I used Kettle Chips)
- ☐ 0.3 teaspoon salt
- ☐ 0.5 coconut or shredded sweetened (or leave out and use a full 2 oz of chips)
- ☐ 1 cup unbleached flour sifted (4 oz weight)
- ☐ 4 oz butter unsalted room temperature (1 stick)
- ☐ 0.5 teaspoons vanilla

## Equipment

- ☐ baking sheet
- ☐ oven
- ☐ blender

## Directions

- ☐ Beat the butter with a mixer until it is creamy. Beat in the brown sugar and vanilla and continue to cream mixture for about 2 minutes. Reduce mixer speed to low and beat in the egg.
- ☐ Mix together the flour, baking soda, salt and cinnamon.
- ☐ Add the flour mixture to the batter and stir until it's mixed in, then add the oats, dried fruit, pecans and potato chips. Stir well. Batter should be slightly crumbly from all the add-ins, but not dry. If you used the right amount of flour it won't be. Using a 1/4 cup measure, scoop up dough and make 12 large mounds. To help shape the crumbly dough, moisten hands with a small amount of water. At this point you can bake the cookies OR you can arrange the mounds on a plate and chill them until ready to bake. I've been chilling mine overnight to get more height. When ready to bake, let the dough mounds come to cool room temperature.
- ☐ Place dough mounds on heavy duty ungreased or parchment lined cookie sheet spreading about 2 inches apart. Press tops down slightly.
- ☐ Bake at 350 for 18–20 min or till lightly browned and cookies appear set. For moister centers, 18 minutes, for dryer cookies, go with the longer cook–time. Makes 12. Notes: To toast pecans, spread on a cookie sheet and bake at 350 for 8 to 10 minutes.

## Nutrition Facts



 **PROTEIN 5.17%**  **FAT 45.87%**  **CARBS 48.96%**

Properties

Glycemic Index:12.25, Glycemic Load:6.93, Inflammation Score:-3, Nutrition Score:5.6782608654188%

Flavonoids

Cyanidin: 0.69mg, Cyanidin: 0.69mg, Cyanidin: 0.69mg, Cyanidin: 0.69mg Delphinidin: 0.46mg, Delphinidin: 0.46mg, Delphinidin: 0.46mg, Delphinidin: 0.46mg Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 274.38kcal (13.72%), Fat: 14.41g (22.17%), Saturated Fat: 5.61g (35.05%), Carbohydrates: 34.6g (11.53%), Net Carbohydrates: 32.56g (11.84%), Sugar: 18.98g (21.09%), Cholesterol: 35.82mg (11.94%), Sodium: 125.6mg (5.46%), Alcohol: 0.06g (100%), Alcohol %: 0.12% (100%), Protein: 3.65g (7.31%), Manganese: 0.67mg (33.7%), Selenium: 8.01µg (11.44%), Fiber: 2.04g (8.15%), Copper: 0.15mg (7.5%), Phosphorus: 74.4mg (7.44%), Vitamin B1: 0.09mg (6.31%), Magnesium: 24.74mg (6.19%), Vitamin E: 0.9mg (5.99%), Vitamin A: 264.27IU (5.29%), Zinc: 0.74mg (4.91%), Iron: 0.83mg (4.59%), Vitamin B5: 0.43mg (4.34%), Potassium: 151.55mg (4.33%), Vitamin B2: 0.06mg (3.25%), Vitamin B6: 0.06mg (3.25%), Calcium: 29.29mg (2.93%), Folate: 10.62µg (2.66%), Vitamin B3: 0.51mg (2.56%), Vitamin K: 2.32µg (2.21%), Vitamin D: 0.23µg (1.5%), Vitamin C: 0.96mg (1.17%)