



WHATSheATE



Tasty Trail-Mix Treats



Dairy Free

READY IN



60 min.

SERVINGS



36

CALORIES



107 kcal

DESSERT

Ingredients

- ☐ 1 pouch basic cookie mix (1 lb 1.5 oz)
- ☐ 0.3 cup chocolate chips dark
- ☐ 0.5 cup cranberries dried
- ☐ 2 egg whites
- ☐ 0.8 teaspoon ground cinnamon
- ☐ 2 tablespoons ground flaxseed
- ☐ 0.3 cup vegetable oil
- ☐ 0.5 cup walnut pieces coarsely chopped

- ☐ 4 tablespoons water
- ☐ 2 tablespoons wheat germ

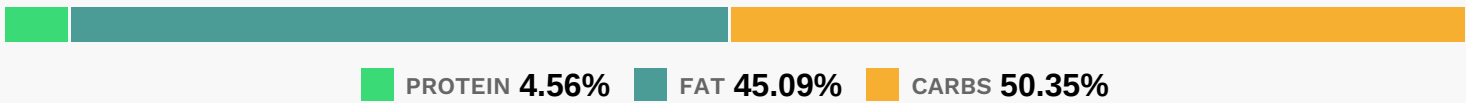
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 375F. In large bowl, stir cookie mix, wheat germ, flaxseed, cinnamon, oil, water and egg whites until well blended. Stir in cranberries, walnuts and chocolate chips.
- ☐ On ungreased cookie sheets, drop dough by teaspoonfuls 2 inches apart.
- ☐ Bake 8 to 10 minutes until edges are light golden brown. Cool 2 minutes; remove from cookie sheets to cooling racks. Cool completely.

Nutrition Facts



Properties

Glycemic Index:1.58, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:1.2995652126391%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 106.74kcal (5.34%), Fat: 5.31g (8.18%), Saturated Fat: 1.12g (6.98%), Carbohydrates: 13.35g (4.45%), Net Carbohydrates: 12.57g (4.57%), Sugar: 8.34g (9.27%), Cholesterol: 0.02mg (0.01%), Sodium: 19.37mg (0.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.21g (2.42%), Manganese: 0.12mg (6%), Vitamin K: 4.04µg (3.85%), Fiber: 0.78g (3.12%), Copper: 0.04mg (1.9%), Vitamin E: 0.24mg (1.6%), Vitamin B1: 0.02mg (1.57%), Magnesium: 5.71mg (1.43%), Phosphorus: 13.2mg (1.32%), Selenium: 0.85µg (1.22%), Vitamin B2: 0.02mg (1.13%), Zinc: 0.17mg (1.11%)