



Trail Mix Freezer Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



27

CALORIES



172 kcal

DESSERT

Ingredients

- ☐ 0.8 cup all purpose flour
- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 2 large eggs
- ☐ 1 cup brown sugar packed ()
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 2 cups old-fashioned oats
- ☐ 1 teaspoon salt

- ☐ 0.8 cup sugar
- ☐ 1 cup butter unsalted room temperature (2 sticks)
- ☐ 0.5 cup coconut or unsweetened flaked
- ☐ 1 teaspoon vanilla extract
- ☐ 0.5 cup flour whole wheat white
- ☐ 2 cups trail mix coarsely chopped
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Equipment




- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ blender
- ☐ ice cream scoop

Directions

- ☐ Line 3 baking sheets with parchmentpaper.
- ☐ Mix first 6 ingredients in bowl. Usingelectric mixer, beat butter and both sugarsin large bowl until fluffy.
- ☐ Add eggs andvanilla; beat until mixture is fluffy, 1 to2 minutes. Reduce speed to low; beat inflour mixture until just combined. Fold inoats and coconut. Stir in trail mix.
- ☐ Using 2-inch-diameter ice cream scoop,drop dough onto sheets, spacing about2 inches apart. Do Ahead For ready-to-bakedough, freeze dough on sheets until firm.
- ☐ Transfer frozen dough to resealable plasticbags; keep frozen until ready to bake.
- ☐ Preheat oven to 350°F. For freshly madecookie dough, bake until cookies are goldenbrown, about 13 minutes. (For frozen dough,arrange frozen cookies 2 inches apart onparchment lined baking sheets; bake untilgolden brown, about 16 minutes.)
- ☐ Transferto racks to cool.

Nutrition Facts



 PROTEIN **4.8%**  FAT **44.45%**  CARBS **50.75%**

Properties

Glycemic Index:10.45, Glycemic Load:7.2, Inflammation Score:-2, Nutrition Score:2.978260865597%

Nutrients (% of daily need)

Calories: 171.68kcal (8.58%), Fat: 8.67g (13.34%), Saturated Fat: 5.41g (33.8%), Carbohydrates: 22.27g (7.42%), Net Carbohydrates: 21.07g (7.66%), Sugar: 13.67g (15.19%), Cholesterol: 31.85mg (10.62%), Sodium: 144.06mg (6.26%), Alcohol: 0.05g (100%), Alcohol %: 0.16% (100%), Protein: 2.11g (4.21%), Manganese: 0.3mg (14.94%), Selenium: 4.56µg (6.51%), Fiber: 1.2g (4.8%), Vitamin A: 230.21IU (4.6%), Phosphorus: 42.95mg (4.29%), Vitamin B1: 0.06mg (3.85%), Iron: 0.66mg (3.67%), Magnesium: 11.88mg (2.97%), Vitamin B2: 0.05mg (2.88%), Folate: 10.49µg (2.62%), Copper: 0.05mg (2.48%), Zinc: 0.33mg (2.23%), Calcium: 21.24mg (2.12%), Vitamin E: 0.27mg (1.79%), Vitamin B5: 0.17mg (1.72%), Potassium: 54.94mg (1.57%), Vitamin B3: 0.3mg (1.49%), Vitamin D: 0.2µg (1.33%), Vitamin B6: 0.02mg (1.11%)