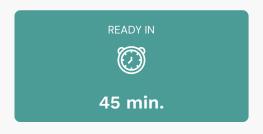
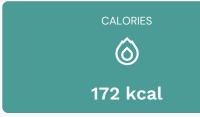


Trail Mix Freezer Cookies

Vegetarian







DESSERT

Ingredients

1 teaspoon salt

0.8 c	up all purpose flour
0.5 to	easpoon double-acting baking powder
1 teas	spoon baking soda
2 larg	ge eggs
1 cup	brown sugar packed ()
0.5 t	easpoon ground cinnamon
2 cur	os old-fashioned oats

	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
	2 cups trail mix coarsely chopped
Eq	uipment
	bowl
	baking sheet
	oven
	blender
	ice cream scoop
Di	rections
	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 to 2 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

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%)