



## Two Ingredient Cookies and Cream Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



122 kcal

### Ingredients

- ☐ 1 eggs
- ☐ 12 oreo cookies crushed finely

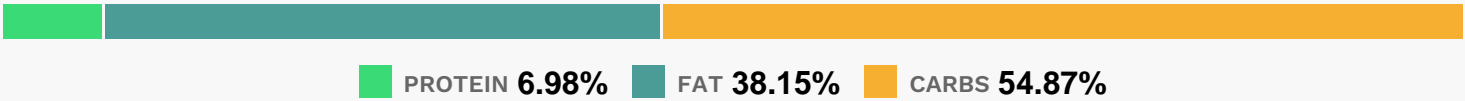
### Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven

# Directions

- ☐ Preheat oven to 350F. Line baking sheet with parchment paper or silpat mat. In a large bowl mix crushed Oreo crumbs and egg. Make sure the egg coats all of the crumbs. The crumbs will begin to stick together and form larger lumps once they are coated with the egg.
- ☐ Dough will be quite wet, but solid enough to work with. It will be a little messy so if you don't like sticky mess, this may not be for you. Gather 1/6th of dough and place on cookie sheet. Press down with the palm of your hand until a cookie shape forms. The cookies will do very little rising when baking so you want the cookie dough to be the same thickness and size that you want for your final product. Dough should be a round disc, about 1/4 inch thick. You can use your hands to smooth out the dough if necessary. Repeat with remaining dough, spacing about 1 inch apart.
- ☐ Bake for approximately 10–11 minutes until cookies are set. )The cookies are a little softer at 10 minutes and a little more firm and chewy at around 11).
- ☐ Let cookies cool on sheet to completely set before removing and eating.

## Nutrition Facts



## Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:3.5295652202938%

## Nutrients (% of daily need)

Calories: 121.85kcal (6.09%), Fat: 5.28g (8.13%), Saturated Fat: 1.59g (9.91%), Carbohydrates: 17.09g (5.7%), Net Carbohydrates: 16.4g (5.96%), Sugar: 9.8g (10.88%), Cholesterol: 27.28mg (9.09%), Sodium: 103.53mg (4.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.17g (4.35%), Iron: 3.03mg (16.85%), Manganese: 0.16mg (8.24%), Vitamin K: 6.6µg (6.28%), Vitamin B2: 0.09mg (5.33%), Selenium: 3.5µg (5%), Folate: 18.09µg (4.52%), Vitamin E: 0.67mg (4.47%), Copper: 0.09mg (4.27%), Phosphorus: 36.84mg (3.68%), Vitamin B1: 0.05mg (3.35%), Vitamin B3: 0.63mg (3.15%), Magnesium: 12.16mg (3.04%), Fiber: 0.7g (2.78%), Potassium: 66.28mg (1.89%), Vitamin B5: 0.18mg (1.84%), Zinc: 0.27mg (1.81%), Vitamin B12: 0.07µg (1.09%)