



Whole Grain Breakfast Cookies

 Dairy Free  Popular

READY IN



50 min.

SERVINGS



18

CALORIES



266 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 0.3 cup agave nectar blue
- 0.5 cup almond butter
- 1 teaspoon baking soda
- 0.3 cup brown sugar
- 0.3 cup canola oil
- 0.5 cup cherries dried
- 1 eggs
- 0.5 cup ground flax meal

- 1 teaspoon ground cinnamon
- 1.5 cups old-fashioned rolled oats instant (not)
- 0.5 teaspoon salt
- 1 cup semi-sweet chocolate chips
- 1 teaspoon vanilla extract
- 1 cup walnuts
- 0.3 cup flour whole wheat

Equipment

- food processor
- bowl
- baking sheet
- baking paper
- oven
- spatula

Directions

- Preheat oven to 375 degrees F (190 degrees C). Line baking sheets with parchment paper.
- Pulse the walnuts in a food processor several times to chop; continue processing until the walnuts are ground into flour; transfer to a bowl.
- Mix in the rolled oats, whole wheat flour, flax meal, baking soda, salt, and cinnamon until thoroughly combined.
- Combine the almond butter, canola oil, agave nectar, brown sugar, egg, and vanilla extract in the food processor and process a few seconds to blend the ingredients well; transfer the almond butter mixture to a large bowl and fold in the dried cherries and chocolate chips.
- Mix the walnut-oatmeal mixture into the almond butter mixture (dough will be very thick).
- Scoop up heaping teaspoons of dough, and form into balls; lay the dough balls onto the prepared baking sheets, about 2 inches apart.
- Bake in the preheated oven until lightly browned, 8 to 10 minutes.

Remove from oven and flatten the cookies with a spatula. Allow to cool for about 5 minutes on the baking sheets before removing to finish cooling on wire racks.

Nutrition Facts

PROTEIN 8.14% **FAT 57.43%** **CARBS 34.43%**

Properties

Glycemic Index:6.22, Glycemic Load:2.02, Inflammation Score:-4, Nutrition Score:9.4447825874971%

Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg

Nutrients (% of daily need)

Calories: 265.91kcal (13.3%), Fat: 17.55g (27%), Saturated Fat: 3.38g (21.14%), Carbohydrates: 23.67g (7.89%), Net Carbohydrates: 19.23g (6.99%), Sugar: 12g (13.34%), Cholesterol: 9.68mg (3.23%), Sodium: 134.07mg (5.83%), Alcohol: 0.08g (100%), Alcohol %: 0.18% (100%), Caffeine: 8.36mg (2.79%), Protein: 5.6g (11.19%), Manganese: 0.97mg (48.41%), Magnesium: 77.33mg (19.33%), Copper: 0.38mg (19.19%), Fiber: 4.44g (17.78%), Vitamin E: 2.44mg (16.3%), Phosphorus: 152.33mg (15.23%), Iron: 1.81mg (10.04%), Vitamin B1: 0.15mg (9.87%), Selenium: 6.61µg (9.45%), Zinc: 1.22mg (8.13%), Vitamin B2: 0.12mg (6.91%), Potassium: 214.13mg (6.12%), Calcium: 61.09mg (6.11%), Folate: 19.17µg (4.79%), Vitamin B6: 0.1mg (4.77%), Vitamin K: 4.19µg (3.99%), Vitamin B3: 0.73mg (3.63%), Vitamin A: 139.49IU (2.79%), Vitamin B5: 0.26mg (2.64%)