



Whole Wheat S'more Cookies

READY IN



45 min.

SERVINGS



36

CALORIES



155 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon baking soda
- ☐ 0.5 cup buttermilk
- ☐ 2 large eggs
- ☐ 1.5 cups brown sugar packed ()
- ☐ 1 cup marshmallows mini
- ☐ 9 ounces milk chocolate chips
- ☐ 1 tablespoon blackstrap molasses dark ()
- ☐ 0.8 teaspoon salt
- ☐ 0.5 cup butter unsalted melted (1 stick)

- ☐ 1.5 teaspoons vanilla extract
- ☐ 0.8 cup walnut pieces coarsely chopped
- ☐ 3 cups flour whole wheat white

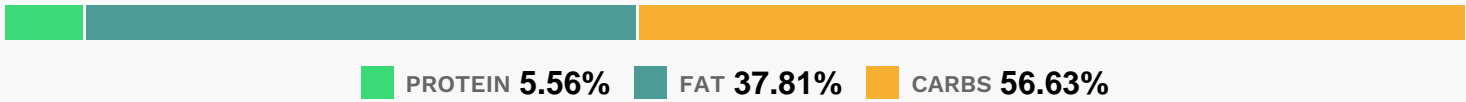
Equipment

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

Directions

- ☐ Preheat oven to 350°F. Line 3 large rimmed baking sheets with parchment paper.
- ☐ Whisk flour, sugar, salt, and baking soda in large bowl.
- ☐ Whisk eggs, buttermilk, molasses, and vanilla extract in medium bowl; whisk in butter.
- ☐ Add egg mixture to dry ingredients, stirring until dough is evenly moistened. Stir in chocolate chips, marshmallows, and nuts.
- ☐ Drop cookie dough by rounded tablespoonfuls onto prepared sheets, spacing about 3 inches apart (about 12 cookies per sheet).
- ☐ Bake cookies, 1 sheet at a time, until golden brown, dry to touch, but still slightly soft, about 15 minutes.
- ☐ Let cookies cool on sheets 10 minutes.
- ☐ Transfer cookies to racks and cool (cookies will firm up). DO AHEAD: Can be made 2 days ahead. Store in airtight container at room temperature.
- ☐ No buttermilk? In a pinch, use 1/2 cup milk soured with 1/2 tablespoon lemon juice.
- ☐ Let stand at room temperature 15 minutes.

Nutrition Facts



Properties

Glycemic Index:4.32, Glycemic Load:0.95, Inflammation Score:-1, Nutrition Score:1.5843478288987%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg

Nutrients (% of daily need)

Calories: 154.66kcal (7.73%), Fat: 6.72g (10.33%), Saturated Fat: 3.19g (19.91%), Carbohydrates: 22.63g (7.54%), Net Carbohydrates: 21.47g (7.81%), Sugar: 14.42g (16.02%), Cholesterol: 17.48mg (5.83%), Sodium: 75.39mg (3.28%), Alcohol: 0.06g (100%), Alcohol %: 0.18% (100%), Protein: 2.22g (4.45%), Manganese: 0.1mg (4.96%), Fiber: 1.16g (4.66%), Calcium: 29.1mg (2.91%), Copper: 0.05mg (2.53%), Iron: 0.45mg (2.5%), Potassium: 71.72mg (2.05%), Vitamin A: 99.78IU (2%), Selenium: 1.36µg (1.94%), Phosphorus: 18.18mg (1.82%), Magnesium: 6.8mg (1.7%), Vitamin B2: 0.02mg (1.37%), Vitamin B6: 0.03mg (1.33%), Folate: 4.06µg (1.02%)