



Wholesome Oatmeal Breakfast Cookies

 Dairy Free

READY IN



31 min.

SERVINGS



24

CALORIES



143 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 0.3 cup apple sauce unsweetened dry
- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 1 can navy beans rinsed drained (19oz/540ml)
- ☐ 0.5 cup cranberries dried
- ☐ 2 tablespoons flax seed meal
- ☐ 1 cup brown sugar light packed (I used)
- ☐ 4 tablespoons butter soft

- ☐ 0.5 cup peanut butter chips
- ☐ 2 cups cooking oats quick
- ☐ 1 pinch salt
- ☐ 2 teaspoons vanilla extract
- ☐ 0.5 cup walnuts chopped
- ☐ 1 cup pastry flour whole wheat

Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ mixing bowl
- ☐ wire rack
- ☐ spatula

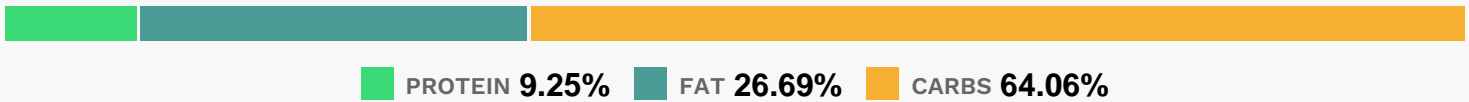
Directions

- ☐ Preheat the oven to 350F for 15 minutes. Line 2 cookie sheets with parchment paper. Pulse the oats in a food processor until it resembles coarse flour. To this also add the whole wheat flour, baking powder, baking soda, cinnamon and salt and process until combined.
- ☐ Transfer this mix to a large mixing bowl.
- ☐ Put the drained and rinsed beans in the food processor and pulse until smoothly pureed. You may add 2-3 tablespoons of water to make it easier.
- ☐ Add the butter/margarine and process until well blended. Now add the brown sugar, applesauce and vanilla and pulse until smooth, scraping down the sides of the bowl.
- ☐ Pour the bean mixture into the oat mixture and stir using a spatula.
- ☐ Add the peanut butter chips/chocolate chips, raisins/dried cranberries, nuts and flax seed meal and stir until blended. Drop by large spoonfuls of dough onto the prepared cookie sheets. Flatten each one a little with your hand. Have a bowl of water nearby to dampen your

palms, so that flattening the cookies will be easy.

- ☐ Bake for 14–16 minutes, until pale around the edges but still soft in the middle. The cookies baked in a dark coated cookie sheet started browning after 14 minutes itself but the pale coated cookie sheet was done after 16 minutes.
- ☐ Place the the cookie sheets on individual wire racks.
- ☐ Let it cool for 5 minutes.
- ☐ Transfer the cookies to the cooling rack after that.

Nutrition Facts



Properties

Glycemic Index:8.71, Glycemic Load:2.66, Inflammation Score:-3, Nutrition Score:5.3256521079203%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 142.64kcal (7.13%), Fat: 4.41g (6.78%), Saturated Fat: 0.68g (4.25%), Carbohydrates: 23.81g (7.94%), Net Carbohydrates: 21.25g (7.73%), Sugar: 11.24g (12.49%), Cholesterol: 0mg (0%), Sodium: 169.52mg (7.37%), Alcohol: 0.11g (100%), Alcohol %: 0.27% (100%), Protein: 3.44g (6.88%), Manganese: 0.67mg (33.6%), Fiber: 2.56g (10.23%), Magnesium: 40.71mg (10.18%), Selenium: 6.82µg (9.74%), Phosphorus: 89.61mg (8.96%), Vitamin B1: 0.11mg (7.05%), Copper: 0.14mg (6.75%), Iron: 1.02mg (5.69%), Folate: 18.43µg (4.61%), Zinc: 0.59mg (3.93%), Potassium: 125.65mg (3.59%), Calcium: 35.54mg (3.55%), Vitamin B6: 0.07mg (3.34%), Vitamin E: 0.37mg (2.46%), Vitamin B3: 0.46mg (2.31%), Vitamin B2: 0.03mg (1.96%), Vitamin A: 85.14IU (1.7%), Vitamin B5: 0.15mg (1.49%), Vitamin K: 1.12µg (1.07%)