



Wild Blue Energy Chews

 Dairy Free

READY IN



65 min.

SERVINGS



30

CALORIES



124 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 17.5 oz basic cookie mix
- ☐ 0.3 cup wheat germ toasted
- ☐ 3 tablespoons butter softened
- ☐ 3 tablespoons canola oil
- ☐ 3 tablespoons water
- ☐ 1 egg whites
- ☐ 0.5 cup blueberries dried
- ☐ 0.3 cup almonds whole chopped

☐ 2 oz baker's chocolate chopped

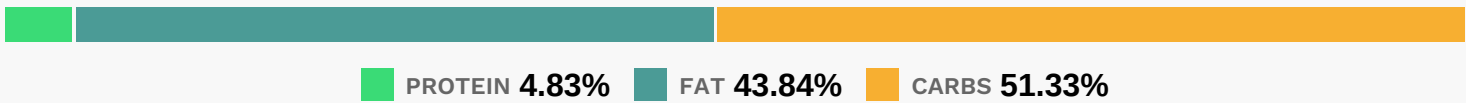
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ wire rack

Directions

- ☐ Heat oven to 350°F. In large bowl, stir cookie mix, wheat germ, butter, oil, water and egg white until soft dough forms. Stir in blueberries, almonds and chocolate.
- ☐ On ungreased cookie sheets, drop dough by rounded tablespoonfuls 2 inches apart.
- ☐ Bake 11 to 13 minutes or until edges are light golden brown. Cool 5 minutes; remove from cookie sheets to cooling rack.

Nutrition Facts



Properties

Glycemic Index:0.33, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:2.1100000275866%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Catechin: 1.23mg, Catechin: 1.23mg, Catechin: 1.23mg, Catechin: 1.23mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 2.69mg, Epicatechin: 2.69mg, Epicatechin: 2.69mg, Epicatechin: 2.69mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg

Nutrients (% of daily need)

Calories: 124.05kcal (6.2%), Fat: 6.07g (9.34%), Saturated Fat: 1.26g (7.85%), Carbohydrates: 15.99g (5.33%), Net Carbohydrates: 14.65g (5.33%), Sugar: 9.27g (10.29%), Cholesterol: 0mg (0%), Sodium: 33.55mg (1.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.51g (3.01%), Manganese: 0.23mg (11.68%), Fiber: 1.34g (5.37%), Copper: 0.08mg (4.07%), Vitamin E: 0.6mg (4.01%), Iron: 0.54mg (3.01%), Magnesium: 11.86mg (2.96%), Zinc: 0.34mg (2.25%), Phosphorus: 21.83mg (2.18%), Vitamin B1: 0.03mg (1.87%), Potassium: 62.63mg (1.79%), Vitamin B2: 0.03mg (1.75%), Selenium: 1.16µg (1.66%), Vitamin K: 1.18µg (1.13%)