



Winter Energy Cookies

READY IN

ready

45 min.

SERVINGS

servings

24

CALORIES

calories

342 kcal

DESSERT

Ingredients

- ☐ 1.5 teaspoons baking soda
- ☐ 1.5 cups brown sugar packed
- ☐ 2 eggs
- ☐ 1 cup flour all-purpose
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 cup blackstrap molasses
- ☐ 1 cup raisins
- ☐ 2 cups rolled oats
- ☐ 0.5 teaspoon salt

- ☐ 1 cup semi chocolate chips
- ☐ 0.3 cup smooth peanut butter
- ☐ 1 cup butter unsalted
- ☐ 1.5 teaspoons vanilla extract
- ☐ 1 cup walnuts chopped
- ☐ 1 cup wheat germ toasted
- ☐ 1.5 cups flour whole wheat

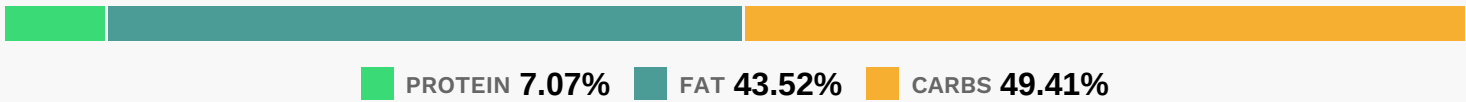
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Cream the butter, sugar, molasses, and peanut butter in a large bowl. Blend in the eggs and vanilla.
- ☐ Mix the flour, wheat germ, baking soda, salt, and cinnamon in a separate bowl. Stir the dry ingredients into the creamed mixture, until evenly blended.
- ☐ Stir in the oats, raisins, choc chips, and nuts. Cover and refrigerate for 1 hour.
- ☐ Preheat oven to 350 degrees F (180 degrees C).
- ☐ Shape dough into large balls using 1/4 cup of dough per cookie.
- ☐ Place on greased cookie sheets, leaving 3 inches between them. Flatten slightly with a fork.
- ☐ Bake for 15 to 18 minutes. When done, the tops will still be soft to the touch. Cool on the sheets for 5 minutes, then transfer to a rack to cool.

Nutrition Facts



Properties

Glycemic Index:10.7, Glycemic Load:8.67, Inflammation Score:-5, Nutrition Score:12.186521798372%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg

Nutrients (% of daily need)

Calories: 341.61kcal (17.08%), Fat: 17.09g (26.29%), Saturated Fat: 7.49g (46.83%), Carbohydrates: 43.65g (14.55%), Net Carbohydrates: 39.86g (14.49%), Sugar: 20.25g (22.5%), Cholesterol: 34.43mg (11.48%), Sodium: 147.85mg (6.43%), Alcohol: 0.09g (100%), Alcohol %: 0.14% (100%), Caffeine: 6.45mg (2.15%), Protein: 6.25g (12.5%), Manganese: 1.65mg (82.37%), Selenium: 15.42µg (22.03%), Magnesium: 74.22mg (18.55%), Copper: 0.34mg (17.05%), Phosphorus: 165.07mg (16.51%), Vitamin B1: 0.23mg (15.63%), Fiber: 3.79g (15.16%), Iron: 2.32mg (12.9%), Zinc: 1.59mg (10.62%), Vitamin B6: 0.2mg (10.08%), Folate: 38.65µg (9.66%), Potassium: 328.59mg (9.39%), Vitamin B3: 1.81mg (9.05%), Vitamin B2: 0.12mg (7.16%), Vitamin A: 261.69IU (5.23%), Vitamin E: 0.75mg (4.99%), Calcium: 47.39mg (4.74%), Vitamin B5: 0.47mg (4.65%), Vitamin K: 1.66µg (1.58%), Vitamin D: 0.22µg (1.43%), Vitamin B12: 0.06µg (1.04%)