



POWER COOKIES

Delicious homemade cookies

 30 minutes

 30 minutes

 20 portions

INGREDIENTS

- 125 grams of butter, regular
- 50 grams of nuts, almond butter, plain
- 150 grams of sugar, brown
- 3 oz of egg, white, dried [84 g]
- 50 grams of beverages, almond milk, unsweetened
- 2 tsps of vanilla extract [8 g]
- 2 grams of spices, cinnamon, ground
- 1/2 fl oz of beverages, coffee, brewed, espresso [15 g]
- 100 grams of oats
- 1/2 cup of quinoa flour [80 g]
- 100 grams of nuts, almond meal, partially defatted, salted
- 50 grams of cocoa powder
- 1 level teaspoon of baking powder [4 g]
- 1/2 cup (not packed) of raisins, seeded [73 g]
- 100 grams of nuts, mixed, chopped

COOKING METHOD

1° Mix all the ingredients together and cook in a hot [160 degree celcius] oven until lightly brown.

NUTRITIONAL INFORMATION

| | PER 100 g | PER PORTION [50 g] | % DRI |
|------------------------------|-----------|--------------------|-------|
| ENERGY | 422 kcal | 209 kcal | 10 % |
| FAT | 22 g | 11 g | 17 % |
| FATTY ACIDS, TOTAL SATURATED | 9 g | 4 g | 21 % |
| CHOLESTEROL | 27 mg | 13 mg | 4 % |
| SODIUM | 321 mg | 159 mg | 7 % |
| CARBOHYDRATE | 41 g | 21 g | 7 % |
| SUGARS | 17 g | 8 g | — |
| FIBER | 2 g | 1 g | 5 % |
| PROTEIN | 18 g | 9 g | — |