



POWER COOKIES

Delicious homemade cookies

 30 minutes

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 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	—