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Oat Bran and Cinnamon Cookies ♦♦

These oat bran and cinnamon cookies are a delicious and healthy treat. They are made with wholesome ingredients like oat bran, cinnamon, and honey. They are perfect for breakfast or as a snack.

Recipe Type: Vegetarian

Prep Time: 15 mins

Cook Time: 12 mins

Total Time: 27 mins

Recipe Yield: 250 grams

Number of Servings: 10

Serving Size: 25 g

Ingredients

| | |
|---------------|-----------------|
| 200 g | Oat Bran |
| 2 tsp | Cinnamon |
| 4 tbsp | honey |
| 1 | Egg |
| 1 teaspoon | vanilla extract |

| | |
|---------------|---------------|
| 1 teaspoon | baking powder |
|---------------|---------------|

| | |
|-----------------|------|
| 0.5 teaspoon | salt |
|-----------------|------|

| | |
|--------|--------|
| 2 tbsp | butter |
|--------|--------|

Directions

Step 1

Preheating

Preheat the oven to 350°F (175°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Mixing

In a large bowl, mix the oat bran, cinnamon, baking powder, and salt.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Whisking

In a separate bowl, whisk together the honey, egg, melted butter, and vanilla extract.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Mixing

Add the wet ingredients to the dry ingredients and mix until well combined.

Prep Time: 2 mins

Cook Time: 0 mins

Step 5

Drop spoonfuls of the dough onto a baking sheet lined with parchment paper.

Prep Time: 2 mins

Cook Time: 0 mins

Step 6

Baking

Bake for 10-12 minutes, or until the cookies are golden brown.

Prep Time: 0 mins

Cook Time: 12 mins

Step 7

Cooling

Allow the cookies to cool on the baking sheet for 5 minutes, then transfer them to a wire rack to cool completely.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 120 kcal

Fat: 3 g

Protein: 4 g

Carbohydrates: 19 g

Nutrition Facts

Proteins

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|----------|-------|------------------------|--------------------------|
| Protein | 4 g | 23.53% | 23.53% |

Carbohydrates

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|---------------|-------|------------------------|--------------------------|
| Carbohydrates | 19 g | 34.55% | 38% |
| Fibers | 2 g | 5.26% | 8% |
| Sugars | 7 g | N/A | N/A |
| Lactose | 0 g | N/A | N/A |

Fats

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|---------------------|-------|------------------------|--------------------------|
| Monounsaturated Fat | 1 g | N/A | N/A |
| Saturated Fat | 1 g | 4.55% | 5.88% |
| Fat | 3 g | 10.71% | 12% |
| Cholesterol | 20 mg | N/A | N/A |

Vitamins

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|-------------|-------|------------------------|--------------------------|
| Vitamin A | 0 iu | 0% | 0% |
| Vitamin C | 0 mg | 0% | 0% |
| Vitamin B6 | 4 mg | 307.69% | 307.69% |
| Vitamin B12 | 2 mcg | 83.33% | 83.33% |

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|-----------|-------|------------------------|--------------------------|
| Vitamin E | 2 mg | 13.33% | 13.33% |
| Vitamin D | 0 mcg | 0% | 0% |

Minerals

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|-----------|--------|------------------------|--------------------------|
| Sodium | 80 mg | 3.48% | 3.48% |
| Calcium | 2 mg | 0.2% | 0.2% |
| Iron | 6 mg | 75% | 33.33% |
| Potassium | 120 mg | 3.53% | 4.62% |
| Zinc | 2 mg | 18.18% | 25% |
| Selenium | 8 mcg | 14.55% | 14.55% |

Recipe Attributes

Seasonality

Spring Summer

Events

Picnic

Cuisines

French

Course

Drinks

Breads

Salads

Snacks

Sauces & Dressings

Nutritional Content

Low Calorie

High Protein

Low Fat

Low Carb

High Fiber

Low Sodium

Sugar-Free

High Vitamin C

High Iron

High Calcium

Kitchen Tools

Blender

Meal Type

Breakfast

Brunch

Snack

Supper

Difficulty Level

Medium

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