

Peanut Butter-Oatmeal Sandwich Cookies

Relish Magazine - November 2013

Yield: 22 cookies

COOKIES

1/2 cup brown sugar

1/4 cup granulated sugar

2/3 cup peanut butter, smooth or chunky

1/4 cup vegetable shortening

1/2 teaspoon salt

1 teaspoon baking soda

1 teaspoon vanilla extract

1 egg

1 cup quick rolled oats (not instant)

2/3 cup all-purpose flour

extra-fine salt for dusting on top (optional)

PEANUT BUTTER FILLING

1 1/2 cups powdered sugar, sifted

1/2 cup (heaping) peanut butter

5 tablespoons milk OR half-and-half

Preheat the oven to 350 degrees.

Lightly grease (or line with parchment) two baking sheets.

To prepare the cookies: Combine the sugars, peanut butter, shortening, salt, baking soda and vanilla, beating until smooth. Add the egg, beating to combine. Stir in the oats and flour.

Drop the dough by heaping teaspoonfuls onto the prepared baking sheets about 1-1/2 inches apart. Using the bottom of a drinking glass dipped in sugar, flatten each cookie to about 1/4-inch thickness, about 1-1/2-inch diameter. Sprinkle with a tiny amount of extra-fine salt, if using.

Bake for 12 to 14 minutes, until medium golden brown. Remove from the oven and transfer to a wire rack to cool. When cool, wrap airtight; they'll soften if left unwrapped.

To prepare the peanut butter filling: combine all of the ingredients, stirring until smooth.

Spread the filling on half of the cookies. Top with the remaining cookies.

Per Serving (excluding unknown items): 3789 Calories; 210g Fat (48.0% calories from fat); 90g Protein; 422g Carbohydrate; 20g Dietary Fiber; 212mg Cholesterol; 3824mg Sodium. Exchanges: 7 1/2 Grain(Starch); 10 Lean Meat; 36 Fat; 20 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	3789	Vitamin B6 (mg):	1.5mg
% Calories from Fat:	48.0%	Vitamin B12 (mcg):	.6mcg
% Calories from Carbohydrates:	42.9%	Thiamin B1 (mg):	.9mg
% Calories from Protein:	9.2%	Riboflavin B2 (mg):	1.0mg
Total Fat (g):	210g	Folacin (mcg):	373mcg
Saturated Fat (g):	53g	Niacin (mg):	45mg
Monounsaturated Fat (g):	97g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	48g	Alcohol (kcal):	13
Cholesterol (mg):	212mg	% Deficient:	0.0%
Carbohydrate (g):	422g	Food Exchanges	
Dietary Fiber (g):	20g	Grain (Starch):	7 1/2
Protein (g):	90g	Lean Meat:	10
Sodium (mg):	3824mg	Vegetable:	0
Potassium (mg):	2413mg	Fruit:	0
Calcium (mg):	223mg	Non-Fat Milk:	0
Iron (mg):	12mg	Fat:	36
Zinc (mg):	10mg	Other Carbohydrates:	20
Vitamin C (mg):	0mg		
Vitamin A (i.u.):	244IU		
Vitamin A (r.e.):	70RE		

Nutrition Facts

Amount Per Serving	
Calories 3789	Calories from Fat: 1818
% Daily Values*	
Total Fat 210g	323%
Saturated Fat 53g	267%
Cholesterol 212mg	71%
Sodium 3824mg	159%
Total Carbohydrates 422g	141%
Dietary Fiber 20g	80%
Protein 90g	
Vitamin A	5%
Vitamin C	0%
Calcium	22%
Iron	65%

* Percent Daily Values are based on a 2000 calorie diet.