



Almost Healthy and Surprisingly Good Chocolate Chip Cookies

 Gluten Free

READY IN



26 min.

SERVINGS



24

CALORIES



192 kcal

DESSERT

Ingredients

- ☐ 0.3 cup butter softened
- ☐ 2 tablespoons chia seeds (or)
- ☐ 2 cups chocolate chips
- ☐ 0.8 cup coconut flour
- ☐ 3 eggs
- ☐ 0.5 tablespoon food-grade diatomaceous earth
- ☐ 2 tablespoons honey

- ☐ 0.8 cup oat flour (old-fashioned oatmeal sent through a food processor)
- ☐ 0.5 cup powdered milk
- ☐ 0.3 teaspoon sea salt
- ☐ 0.3 teaspoon stevia powder
- ☐ 0.3 cup cocoa powder unsweetened
- ☐ 1 teaspoon vanilla
- ☐ 1 cup walnuts raw chopped
- ☐ 0.5 cup yogurt

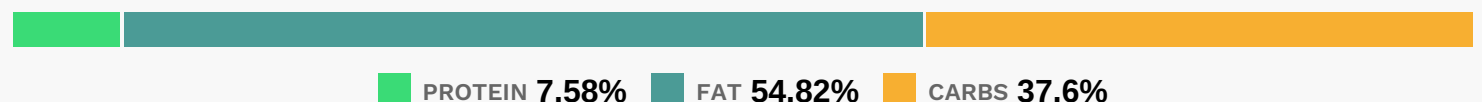
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ blender

Directions

- ☐ If you don't have pre-made chia gel, soak 2 tablespoons chia seeds in 6 tablespoons water, to make 1/2 cup chia gel. This should be soaked several hours.² Preheat oven to 350°F.³
- ☐ Combine the coconut flour, oatmeal flour, powdered milk and diatomaceous earth, cocoa powder and stevia in a bowl.
- ☐ Mix and set aside.⁴
- ☐ Mix butter and salt in blender.⁵
- ☐ Add eggs to butter, but don't worry if it doesn't mix perfectly.⁶
- ☐ Add yogurt, honey, vanilla and chia seed and beat well.⁷
- ☐ Mix in chocolate chips and walnuts.⁸
- ☐ Place on cookie sheet and bake for 15–20 minutes.

Nutrition Facts



Properties

Glycemic Index:7.76, Glycemic Load:1.33, Inflammation Score:-2, Nutrition Score:4.4830434542635%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Catechin: 0.58mg, Catechin: 0.58mg, Catechin: 0.58mg, Catechin: 0.58mg Epicatechin: 1.76mg, Epicatechin: 1.76mg, Epicatechin: 1.76mg, Epicatechin: 1.76mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 191.76kcal (9.59%), Fat: 12.08g (18.59%), Saturated Fat: 5.61g (35.08%), Carbohydrates: 18.65g (6.22%), Net Carbohydrates: 16.08g (5.85%), Sugar: 11.75g (13.05%), Cholesterol: 28.79mg (9.6%), Sodium: 68.63mg (2.98%), Alcohol: 0.06g (100%), Alcohol %: 0.15% (100%), Protein: 3.76g (7.51%), Manganese: 0.38mg (19.17%), Fiber: 2.57g (10.28%), Phosphorus: 86.07mg (8.61%), Copper: 0.14mg (7.22%), Selenium: 4.47µg (6.38%), Magnesium: 24.56mg (6.14%), Calcium: 59.29mg (5.93%), Vitamin B2: 0.08mg (4.82%), Potassium: 148.65mg (4.25%), Vitamin B1: 0.06mg (4.06%), Iron: 0.71mg (3.94%), Zinc: 0.57mg (3.83%), Folate: 10.79µg (2.7%), Vitamin B12: 0.16µg (2.64%), Vitamin D: 0.4µg (2.63%), Vitamin B6: 0.05mg (2.57%), Vitamin A: 120.27IU (2.41%), Vitamin B5: 0.21mg (2.06%), Vitamin E: 0.2mg (1.32%), Vitamin B3: 0.25mg (1.23%)