



Chocolate Chip Cookies/Cookie Sandwiches



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



36

CALORIES



90 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 1 cup coconut oil
- ☐ 1.3 cups evaporated cane juice
- ☐ 0.3 cup ground flaxseed
- ☐ 2 cups flour gluten-free red all-purpose
- ☐ 1 teaspoon salt
- ☐ 6 tablespoons apple sauce unsweetened homemade store-bought
- ☐ 2 tablespoons vanilla extract pure

- ☐ 1 cup dairy free chocolate chips
- ☐ 1.5 teaspoons xanthan gum

Equipment



- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ spatula
- ☐ melon baller

Directions

- ☐ Preheat the oven the 325°F. Line 2 baking sheets with parchment paper.
- ☐ In a medium bowl, mix together the oil, applesauce, salt, vanilla, and evaporated cane juice. In another medium bowl, whisk together the flour, flax meal, baking soda and xanthan gum. Using a rubber spatula, carefully add the dry ingredients to the wet mixture and stir until a grainy dough is formed. Gently fold in the chocolate chips just until they are evenly distributed through the dough.
- ☐ Using a melon baller, scoop the dough onto the prepared baking sheets, spacing the portions 1 inch apart. Gently press each with the heel of your hand to help them spread.
- ☐ Bake the cookies on the center rack for 15 minutes, rotating the sheets 180 degrees after 9 minutes. The finished cookies will be crisp on the edges and soft in the center.
- ☐ Let the cookies stand on the sheets for 10 minutes, then transfer them to a wire rack and cool completely before covering. Store the cookies in an airtight container at room temperature for up to 3 days.
- ☐ From Babycakes by Erin McKenna, (C) 2009 Clarkson Potter

Nutrition Facts



 PROTEIN **4.92%**  FAT **32.36%**  CARBS **62.72%**

Properties

Glycemic Index:1.5, Glycemic Load:0.02, Inflammation Score:0, Nutrition Score:0.81347825807398%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 90.06kcal (4.5%), Fat: 3.58g (5.5%), Saturated Fat: 2.05g (12.79%), Carbohydrates: 15.6g (5.2%), Net Carbohydrates: 14.16g (5.15%), Sugar: 9.86g (10.95%), Cholesterol: 0mg (0%), Sodium: 99.06mg (4.31%), Alcohol: 0.25g (100%), Alcohol %: 1.04% (100%), Protein: 1.22g (2.45%), Fiber: 1.44g (5.77%), Iron: 0.67mg (3.74%), Manganese: 0.03mg (1.5%), Calcium: 14.01mg (1.4%), Vitamin B1: 0.02mg (1.26%), Magnesium: 4.52mg (1.13%)