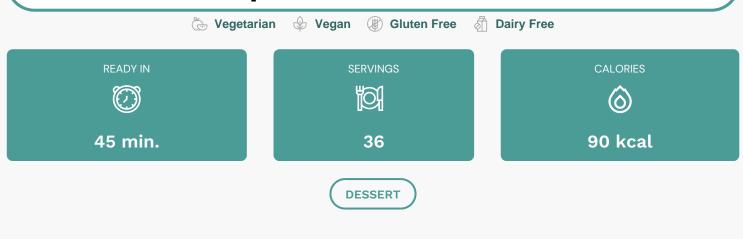


Chocolate Chip Cookies/Cookie Sandwiches



Ingredients

1 teaspoon baking soda
1 cup coconut oil
1.3 cups evaporated cane juice
O.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	
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Equipment		
	bowl	
	baking sheet	
	baking paper	
	oven	
	whisk	
	wire rack	
	spatula	
	melon baller	
	. .	
Dii	rections	
	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

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: Omg (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%)