



WHATSheATE



Chocolate Chip Peanut Butter Spelt Cookies — Vegan and Easy!

 Dairy Free

READY IN



22 min.

SERVINGS



24

CALORIES



253 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 1.5 cups chocolate chips
- ☐ 1.5 cups creamy peanut butter sweetened softened
- ☐ 1.5 cups maple syrup/pancake syrup works too
- ☐ 1 teaspoon salt
- ☐ 2.3 cups rice flour
- ☐ 2 teaspoons vanilla extract

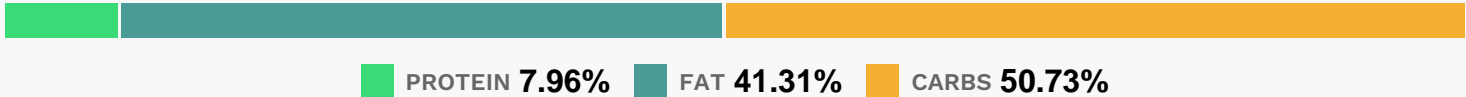
Equipment

- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ mixing bowl
- ☐ aluminum foil

Directions

- ☐ Preheat the oven to 375degrees F. and line a couple of baking sheets with nonstick foil or parchment paper.
- ☐ Mix the flour, baking soda, and salt in a bowl and set aside.In a mixing bowl, combine the softened peanut butter, maple syrup and vanilla. Stir well, then add the flour mixture and stir until blended. Stir in the chocolate chips.Using about 2 tablespoons per cookie, drop mounds of dough onto baking sheets. Flatten slightly and bake at 375 for about 12 to 15 minutes or until cookies are lightly browned and appear set.
- ☐ Let cool completely.

Nutrition Facts



Properties

Glycemic Index:2.1, Glycemic Load:5.34, Inflammation Score:-1, Nutrition Score:5.53999999613671%

Nutrients (% of daily need)

Calories: 252.81kcal (12.64%), Fat: 11.83g (18.2%), Saturated Fat: 3.64g (22.74%), Carbohydrates: 32.68g (10.89%), Net Carbohydrates: 30.41g (11.06%), Sugar: 20.22g (22.47%), Cholesterol: 0mg (0%), Sodium: 213.89mg (9.3%), Alcohol: 0.11g (100%), Alcohol %: 0.24% (100%), Protein: 5.13g (10.26%), Manganese: 0.7mg (35.01%), Vitamin B2: 0.29mg (16.86%), Vitamin B3: 2.16mg (10.81%), Vitamin E: 1.47mg (9.79%), Fiber: 2.27g (9.09%), Magnesium: 31.52mg (7.88%), Phosphorus: 54.68mg (5.47%), Potassium: 168.88mg (4.83%), Iron: 0.84mg (4.68%), Calcium: 37.97mg (3.8%), Zinc: 0.55mg (3.67%), Vitamin B6: 0.07mg (3.58%), Folate: 13.87µg (3.47%), Copper: 0.07mg (3.4%), Vitamin B1: 0.04mg (2.37%), Vitamin B5: 0.17mg (1.71%)