

Chocolate Dipped Fortune Cookies

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



211 kcal

DESSERT

Ingredients

- ☐ 0.3 tsp almond extract pure
- ☐ 1 cup chocolate melts light white blue canned (you can also use chocolate chips and oil based food coloring)
- ☐ 0.3 tsp coconut oil extract
- ☐ 1.5 tsp cornstarch
- ☐ 2 large egg whites
- ☐ 8 Tbsp flour all-purpose
- ☐ 8 tbsp granulated sugar
- ☐ 12 servings sugar pearls

- ☐ 0.5 tsp vanilla extract pure
- ☐ 3 tbsp vegetable oil
- ☐ 3 tsp water

Equipment

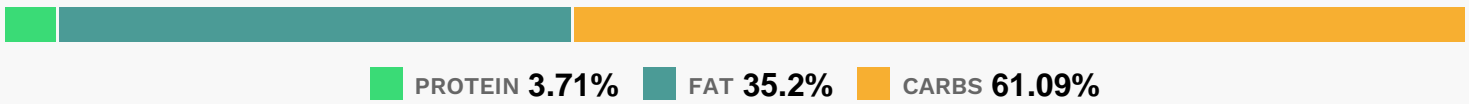
- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ wooden spoon
- ☐ microwave
- ☐ spatula
- ☐ muffin tray

Directions

- ☐ If you are putting in custom fortunes, make sure they are printed and cut before you start on the cookies. Preheat oven to 300 F. Line 2 baking sheets with parchment paper or silpat mats. Also set aside two muffin pans.
- ☐ In a medium bowl, beat the egg white, vanilla extract, almond extract, and vegetable oil until frothy.
- ☐ Sift the flour, cornstarch, and sugar into a separate bowl. Stir the water into the flour mixture.
- ☐ Add the flour into the egg white mixture and stir until you have a smooth batter. The batter should not be runny, but should drop easily off a wooden spoon.
- ☐ Place 1 tablespoon of batter onto the cookie sheet. using the back of the back of a spoon, gently make circular motions on the surface of the batter to form circle about 3.5" diameters. Repeat with remaining batter, spacing cookies 3 inches apart.
- ☐ Bake about 14-15 minutes until the outer 1/2-inch of each cookie turns golden brown and they are easy to remove from the baking sheet with a spatula.
- ☐ Working quickly, remove the cookie with a spatula and flip it over in your hand.
- ☐ Place a fortune in the middle of a cookie. To form the fortune cookie shape, fold the cookie in half, then gently pull the edges downward over the rim of a glass.

- ☐ Place the finished cookie in a muffin tin so that it keeps its shape while it cools. Continue with the rest of the cookies.
- ☐ While cookies are cooling, melt the chocolate in the microwave.
- ☐ Heat for about 30 seconds. Then stir with a spoon.
- ☐ Heat for another 30 seconds. Stir again until chocolate is smooth.
- ☐ Add in coconut flavored oil. Start with 1/4 tsp and taste. If coconut is not strong enough, add a few more drops. Stir to make sure coconut oil is spread throughout the melted chocolate.
- ☐ Take one end of fortune cookie and dip into chocolate. Then place on a piece of parchment paper.
- ☐ Sprinkle on pearls before chocolate dries. Repeat with remaining fortune cookies.
- ☐ Let chocolate completely solidify before removing cookies and placing in airtight container.

Nutrition Facts



Properties

Glycemic Index:25.6, Glycemic Load:22.92, Inflammation Score:-1, Nutrition Score:2.0552173775175%

Nutrients (% of daily need)

Calories: 211.46kcal (10.57%), Fat: 8.43g (12.97%), Saturated Fat: 3.51g (21.96%), Carbohydrates: 32.92g (10.97%), Net Carbohydrates: 32.75g (11.91%), Sugar: 28.9g (32.11%), Cholesterol: 3.15mg (1.05%), Sodium: 23.04mg (1%), Alcohol: 0.09g (100%), Alcohol %: 0.23% (100%), Protein: 2g (3.99%), Vitamin K: 7.63µg (7.27%), Vitamin B2: 0.1mg (5.6%), Selenium: 3.6µg (5.14%), Phosphorus: 32.67mg (3.27%), Vitamin B1: 0.05mg (3.26%), Calcium: 31.26mg (3.13%), Vitamin E: 0.43mg (2.83%), Folate: 10.42µg (2.61%), Vitamin B3: 0.41mg (2.07%), Manganese: 0.04mg (1.87%), Potassium: 58.01mg (1.66%), Iron: 0.28mg (1.58%), Vitamin B12: 0.09µg (1.48%), Vitamin B5: 0.12mg (1.24%)