



## Chocolate Sandwich Cookies with Chocolate Cream Filling (Gluten-Free, Grain-Free, Nut-Free, Vegan, Paleo Friendly)



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular



Low Fod Map

READY IN



37 min.

SERVINGS



20

CALORIES



79 kcal

DESSERT

### Ingredients

- ☐ 2 Tablespoons tapioca/arrowroot flour
- ☐ 6 Tablespoons tapioca/arrowroot flour ()
- ☐ 0.3 teaspoon baking soda
- ☐ 0.3 cup cocoa powder
- ☐ 6 Tablespoons cocoa powder ()
- ☐ 6 Tablespoons coconut flour ()

- ☐ 0.3 cup coconut oil melted for a non-vegan version (or butter )
- ☐ 0.3 cup coconut sugar
- ☐ 2 Tablespoons olive oil extra virgin melted
- ☐ 0.3 cup maple syrup raw for a non-vegan version (or honey )
- ☐ 0.5 teaspoon vanilla extract
- ☐ 1 pinch pink salt

## Equipment

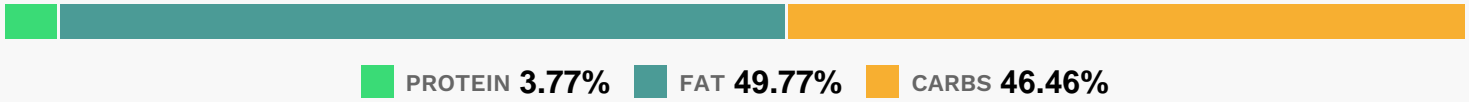
- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ double boiler
- ☐ cookie cutter
- ☐ microwave

## Directions

- ☐ In a medium bowl, beat together the maple syrup and melted coconut oil until well combined. Sift together the cocoa powder, arrowroot and a pinch of salt and whisk vigorously into the maple syrup and oil mixture until creamy. Set aside while making the cookies to firm. (The filling will firm as it stands but if you'd like to help it along you can place it in the fridge. It should be spreadable but thick before filling the cookies)Preheat oven to 325 degrees. Line a baking sheet with parchment paper. In a medium bowl, whisk together the coconut flour, arrowroot, cocoa, coconut sugar, baking soda, and salt; set aside. In another bowl set over a double boiler (or in the microwave), gently melt the coconut oil or butter and add vanilla extract.
- ☐ Add to the flour mixture and stir until a dough forms. (You may need to add a few drops of water if your dough is crumbly and not coming together. Start with a 1/2 tsp adding more as need to bring the dough to a pliable ball before rolling out.)
- ☐ Roll out between two sheets of parchment paper to about a 1/4-inch thickness. Using a about a 1-inch or 2-inch cookie cutter , cut out rounds and place on sheets, 1 inch apart.

- ☐
- Bake 10 minutes for 1-inch cookies or 12 minutes for 2-inch cookies, rotating sheets halfway through.
- ☐
- Let cool on baking sheet 5 minutes then transfer to wire racks, and let cool completely.
- ☐
- Spread half the cookies with a spoonful of the chocolate cream filling; top with remaining cookies.

Nutrition Facts



Properties

Glycemic Index:14.13, Glycemic Load:4.24, Inflammation Score:-1, Nutrition Score:1.7930434637743%

Flavonoids

Catechin: 1.67mg, Catechin: 1.67mg, Catechin: 1.67mg, Catechin: 1.67mg Epicatechin: 5.06mg, Epicatechin: 5.06mg, Epicatechin: 5.06mg, Epicatechin: 5.06mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 78.93kcal (3.95%), Fat: 4.75g (7.31%), Saturated Fat: 2.95g (18.41%), Carbohydrates: 9.98g (3.33%), Net Carbohydrates: 8.18g (2.98%), Sugar: 3.92g (4.36%), Cholesterol: 0mg (0%), Sodium: 24.97mg (1.09%), Alcohol: 0.03g (100%), Alcohol %: 0.24% (100%), Caffeine: 5.92mg (1.97%), Protein: 0.81g (1.62%), Manganese: 0.21mg (10.33%), Fiber: 1.8g (7.2%), Copper: 0.1mg (4.95%), Magnesium: 13.8mg (3.45%), Vitamin B2: 0.06mg (3.38%), Iron: 0.44mg (2.42%), Phosphorus: 19.07mg (1.91%), Potassium: 48.71mg (1.39%), Zinc: 0.21mg (1.38%), Vitamin E: 0.21mg (1.38%)