



Chunky Monkey Cookies



Gluten Free



Dairy Free



Popular



Low Fod Map

READY IN



27 min.

SERVINGS



16

CALORIES



98 kcal

DESSERT

Ingredients

- ☐ 0.3 cup creamy almond butter raw
- ☐ 1 teaspoon baking soda
- ☐ 0.7 cup bananas mashed well
- ☐ 67 grams brown rice flour for non-gluten-free if you don't have brown rice flour (see note above)
- ☐ 0.3 cup cacao nibs dark (or chocolate chips as noted above)
- ☐ 2 tablespoons ground flaxseed
- ☐ 0.5 macadamia nuts raw finely chopped
- ☐ 2 tablespoons grade b maple syrup

- ☐ 0.3 teaspoon sea salt
- ☐ 0.7 cup coconut or shredded unsweetened
- ☐ 1 teaspoon vanilla extract

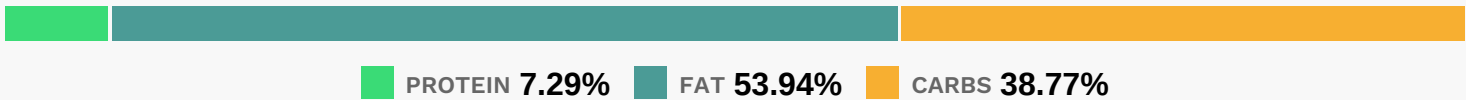
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat the oven to 350°F. Line 2 baking sheets with parchment paper or a silicone baking mat.In a medium bowl, whisk together the mashed bananas, almond butter, maple syrup, flaxseed, and vanilla to combine. In a large bowl, combine the brown rice flour, shredded coconut, walnuts, baking soda, and salt. Stir in the banana mixture to combine. Stir in the cacao nibs.Drop heaping tablespoons of the dough onto the lined baking sheets. Use your fingertips to flatten each cookie to about 1/2-inch thick.
- ☐ Bake for about 12 minutes or until golden brown. Cool completely before serving. Store in an airtight container.

Nutrition Facts



Properties

Glycemic Index:8.33, Glycemic Load:1.31, Inflammation Score:-1, Nutrition Score:3.7417390968489%

Flavonoids

Catechin: 0.38mg, Catechin: 0.38mg, Catechin: 0.38mg, Catechin: 0.38mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg

Nutrients (% of daily need)

Calories: 97.88kcal (4.89%), Fat: 6.08g (9.36%), Saturated Fat: 3.26g (20.38%), Carbohydrates: 9.84g (3.28%), Net Carbohydrates: 8.1g (2.94%), Sugar: 3.76g (4.18%), Cholesterol: 0.03mg (0.01%), Sodium: 110.36mg (4.8%), Alcohol: 0.09g (100%), Alcohol %: 0.44% (100%), Protein: 1.85g (3.7%), Manganese: 0.46mg (22.98%), Vitamin E: 1.07mg (7.11%), Fiber: 1.74g (6.95%), Magnesium: 25.8mg (6.45%), Phosphorus: 52.55mg (5.25%), Vitamin B2: 0.09mg (5.11%), Copper: 0.1mg (4.91%), Vitamin B6: 0.08mg (3.87%), Potassium: 115.77mg (3.31%), Zinc: 0.47mg (3.16%), Vitamin B1: 0.04mg (2.91%), Calcium: 28.89mg (2.89%), Vitamin B3: 0.51mg (2.57%), Iron: 0.46mg (2.53%), Selenium: 1.24µg (1.78%), Vitamin B5: 0.16mg (1.61%), Folate: 5.69µg (1.42%)