



## Crispy Cocoa-Nib Tea Cookies

 Vegetarian

READY IN



20 min.

SERVINGS



40

CALORIES



44 kcal

DESSERT

### Ingredients

- 0.3 teaspoon double-acting baking powder
- 0.3 cup butter melted
- 0.3 cup cacao nibs
- 0.5 cup flour all-purpose
- 0.3 cup granulated sugar
- 0.5 teaspoon ground cinnamon
- 3 tablespoons cup heavy whipping cream
- 2 teaspoons honey

- 2 tablespoons brown sugar light
- 0.5 cup rolled oats
- 1 tablespoon olive oil
- 1 teaspoon sea salt
- 1 teaspoon vanilla extract

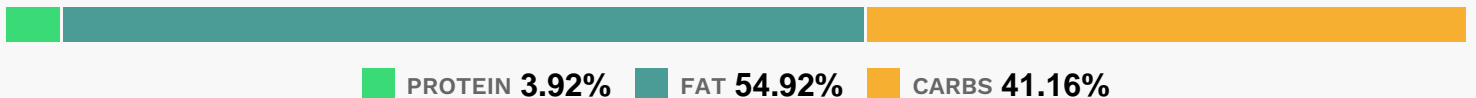
## Equipment

- bowl
- frying pan
- baking sheet
- oven

## Directions

- Place two racks in the top half of the oven and preheat to 375°F.
- Put the flour, sugars, cinnamon, baking powder, salt, and oats in a medium bowl and stir to combine.
- Put the melted butter, heavy cream, honey, vanilla and olive oil in a large bowl and stir until smooth.
- Add the dry ingredients and mix until combined. Fold in the cocoa nibs.
- Line two baking sheets with silicone mats or parchment. Drop the batter by scant teaspoons onto the prepared pans, leaving at least 3" between mounds (they will spread quite a bit).
- Bake for 8–10 minutes, rotating pans halfway through baking, until the edges are deep golden brown and the center is mostly set. Cool 5 minutes on the pan, then transfer to a rack to cool completely.

## Nutrition Facts



## Properties

Glycemic Index:9.61, Glycemic Load:2.42, Inflammation Score:-1, Nutrition Score:0.641739130749%

## Nutrients (% of daily need)

Calories: 44.29kcal (2.21%), Fat: 2.74g (4.21%), Saturated Fat: 1.54g (9.62%), Carbohydrates: 4.62g (1.54%), Net Carbohydrates: 4.36g (1.59%), Sugar: 2.6g (2.89%), Cholesterol: 5.34mg (1.78%), Sodium: 73.56mg (3.2%), Alcohol: 0.03g (100%), Alcohol %: 0.46% (100%), Protein: 0.44g (0.88%), Manganese: 0.05mg (2.65%), Selenium: 0.9µg (1.28%), Vitamin A: 63.88IU (1.28%), Vitamin B1: 0.02mg (1.15%), Fiber: 0.25g (1.02%)