



Enjoy a Food Allergy-Friendly Halloween with Creepy Cookies



Gluten Free



Dairy Free

READY IN



28 min.

SERVINGS



24

CALORIES



165 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.8 cup cocoa powder
- ☐ 1.3 cups rice flour white
- ☐ 0.3 teaspoon salt
- ☐ 1.5 cups dairy-free semi-sweet chocolate chips
- ☐ 1 cup caster sugar
- ☐ 0.5 cup apple sauce unsweetened

- ☐ 1 tablespoon vanilla extract
- ☐ 0.3 cup vegetable oil
- ☐ 0.3 cup water

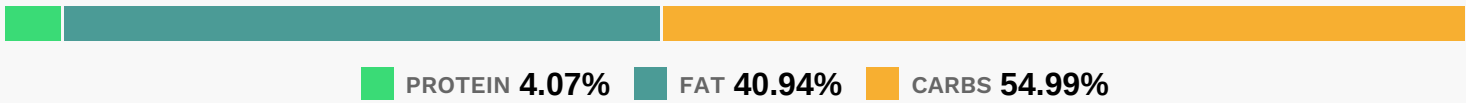
Equipment

- ☐ frying pan
- ☐ oven
- ☐ blender
- ☐ cookie cutter

Directions

- ☐ Preheat oven to 350°F (180°C or gas mark 4).With a mixer; beat applesauce, water, oil, vanilla, cocoa and sugar until smooth.
- ☐ Add flour, salt and baking powder and mix until well combined. Stir in chocolate chips.Spoon batter onto a lightly greased 11x17x1-inch jelly roll pan.
- ☐ Bake for 7 minutes, rotate the pan and bake for an additional 9 minutes.
- ☐ Let cool completely, then cut with Halloween cookie cutters.
- ☐ Sprinkle granulated sugar and anything else, including powdered sugar, safe candies or candy pieces, to make the treat your own.

Nutrition Facts



Properties

Glycemic Index:9.59, Glycemic Load:10.56, Inflammation Score:-2, Nutrition Score:3.9295652228529%

Flavonoids

Catechin: 1.78mg, Catechin: 1.78mg, Catechin: 1.78mg, Catechin: 1.78mg Epicatechin: 5.55mg, Epicatechin: 5.55mg, Epicatechin: 5.55mg, Epicatechin: 5.55mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 164.62kcal (8.23%), Fat: 7.74g (11.91%), Saturated Fat: 3.12g (19.52%), Carbohydrates: 23.4g (7.8%), Net Carbohydrates: 21.26g (7.73%), Sugar: 12.94g (14.37%), Cholesterol: 0.66mg (0.22%), Sodium: 43.95mg (1.91%), Alcohol: 0.19g (100%), Alcohol %: 0.55% (100%), Caffeine: 15.59mg (5.2%), Protein: 1.73g (3.47%), Manganese: 0.36mg (17.88%), Copper: 0.25mg (12.64%), Magnesium: 36.07mg (9.02%), Fiber: 2.14g (8.56%), Iron: 1.13mg (6.29%), Vitamin K: 6.45µg (6.14%), Phosphorus: 60.81mg (6.08%), Selenium: 2.71µg (3.87%), Zinc: 0.55mg (3.65%), Potassium: 114.39mg (3.27%), Vitamin B6: 0.05mg (2.36%), Vitamin E: 0.33mg (2.22%), Calcium: 21.36mg (2.14%), Vitamin B3: 0.39mg (1.94%), Vitamin B1: 0.02mg (1.28%), Vitamin B5: 0.11mg (1.15%), Vitamin B2: 0.02mg (1.02%)