



Experimental Vegan Whole Wheat Chocolate Chip Cookies



Vegetarian



Vegan



Dairy Free

READY IN



20 min.

SERVINGS



9

CALORIES



98 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon almond butter
- ☐ 1 tablespoon apple sauce
- ☐ 0.3 teaspoon baking soda
- ☐ 2 tablespoons brown sugar dark packed
- ☐ 0.3 scant cup granulated sugar
- ☐ 0.3 teaspoon salt
- ☐ 0.5 teaspoon vanilla extract

- ☐ 1 Handful up vegan chocolate dark chopped (up to you — I like a lot)
- ☐ 0.3 cup vegetable oil — use exactly (for now)
- ☐ 2 oz pastry flour whole wheat (if no scale, lightly spoon and sweep)

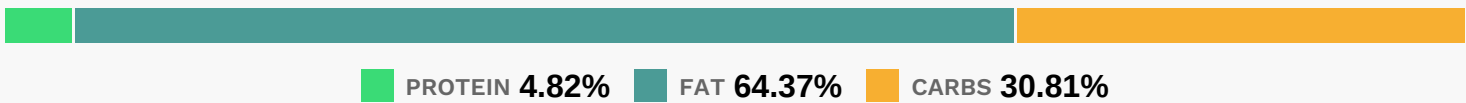
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 375 degrees F. Line a cookie sheet with parchment paper or regular foil. Cookies will spread less if you use regular foil. Stir flour and oil together in a bowl..
- ☐ Mixture should start out wet and will become a little more firm as the flour absorbs the oil.
- ☐ Add both of the sugars, almond butter, vanilla, baking soda, salt and applesauce. Stir well. Stir in chocolate chips. Using a level tablespoon, scoop up dough and arrange 2 1/2 inches apart on baking sheet.
- ☐ Bake 8–12 minutes or until edges or browned and cookies appear set.

Nutrition Facts



Properties

Glycemic Index:7.79, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:2.7960869414003%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 98.01kcal (4.9%), Fat: 7.24g (11.14%), Saturated Fat: 1.05g (6.54%), Carbohydrates: 7.8g (2.6%), Net Carbohydrates: 6.91g (2.51%), Sugar: 2.96g (3.28%), Cholesterol: 0mg (0%), Sodium: 96.05mg (4.18%), Alcohol: 0.08g (100%), Alcohol %: 0.51% (100%), Protein: 1.22g (2.44%), Manganese: 0.3mg (14.85%), Vitamin K: 11.26µg (10.73%), Vitamin E: 0.97mg (6.49%), Selenium: 3.97µg (5.68%), Fiber: 0.88g (3.53%), Magnesium: 13.91mg (3.48%), Phosphorus: 31.73mg (3.17%), Copper: 0.04mg (2.22%), Vitamin B1: 0.03mg (2.19%), Vitamin B3: 0.37mg (1.87%), Iron: 0.32mg (1.79%), Vitamin B2: 0.03mg (1.64%), Zinc: 0.22mg (1.49%), Vitamin B6: 0.03mg (1.45%), Potassium: 41.29mg (1.18%), Calcium: 10.8mg (1.08%)