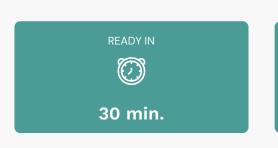


# **Gluten Free Chocolate Chip Cookies**







DESSERT

### Ingredients

1 teaspoon double-acting baking powder
0.8 cup brown rice flour
O.8 cup cornmeal whole fine (use grind)
2 teaspoons ener-g egg replacer
0.3 cup granulated sugar
0.3 cup brown sugar light
1 pinch salt

0.7 cup semi chocolate chips

	1 teaspoon vanilla extract	
	6 tablespoons vegetable oil spread/margarine	
	0.3 cup walnuts coarsely chopped	
	3 tablespoons warm water	
Equipment		
	bowl	
	frying pan	
	baking sheet	
	oven	
	wire rack	
	blender	
	spatula	
Directions		
	Preheat the oven to 375F/190C for 15 minutes. Grease 2 baking sheets.In a medium bowl, cream together the margarine and sugars until light and fluffy.In a blender blend together the EnerG and warm water until its frothy.	
	Add this and vanilla extract to the creamed sugar mixture and beat it well.Fold in the brown rice flour, whole cornmeal, baking powder, salt, chocolate chips and nuts (if using).Drop tablespoonfuls of dough on the baking sheets leaving space between each cookie.	
	Bake for 10-15 minutes, until the cookies are lightly browned. I took out mine after 13 minutes If you are using a dark coating non stick pan, be alert as the bottoms tend to brown very quickly. I used an aluminum pan, so mine took 13 minutes.	
	Place the baking sheets on cooling racks.	
	Let the cookies stand for 5 minutes.	
	Transfer the cookies to the wire rack using a spatula.	
	Let cool completely before storing in an airtight container.	

## **Nutrition Facts**

#### **Properties**

Glycemic Index:15.66, Glycemic Load:5.51, Inflammation Score:-3, Nutrition Score:4.33086955191%

#### **Flavonoids**

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg

#### Nutrients (% of daily need)

Calories: 175.83kcal (8.79%), Fat: 8.95g (13.76%), Saturated Fat: 2.76g (17.25%), Carbohydrates: 22.25g (7.42%), Net Carbohydrates: 20.48g (7.45%), Sugar: 9.46g (10.52%), Cholesterol: 0.45mg (0.15%), Sodium: 81.68mg (3.55%), Alcohol: 0.09g (100%), Alcohol %: 0.27% (100%), Caffeine: 6.45mg (2.15%), Protein: 2.06g (4.12%), Manganese: 0.51mg (25.49%), Magnesium: 32.95mg (8.24%), Copper: 0.16mg (8.01%), Phosphorus: 74.39mg (7.44%), Fiber: 1.76g (7.06%), Vitamin B6: 0.11mg (5.64%), Iron: 0.95mg (5.28%), Zinc: 0.67mg (4.46%), Vitamin B1: 0.06mg (4.29%), Vitamin A: 191.91lU (3.84%), Vitamin B3: 0.74mg (3.72%), Calcium: 35.3mg (3.53%), Potassium: 103.25mg (2.95%), Vitamin E: 0.34mg (2.24%), Vitamin B5: 0.2mg (2.04%), Selenium: 1.23µg (1.75%), Folate: 5.6µg (1.4%), Vitamin B2: 0.02mg (1.3%)