



WHATSheATE



Gluten Free Vegan Chocolate Chip Cookie Cakes



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



16

CALORIES



104 kcal

DESSERT

Ingredients

- ☐ 45 g agave syrup
- ☐ 100 g almond flour
- ☐ 15 g almonds lightly toasted sliced
- ☐ 0.2 teaspoon baking powder
- ☐ 1 pinch baking soda
- ☐ 60 g chocolate chips dark mini
- ☐ 50 g oats gluten-free whole

- ☐ 40 g very tasting olive oil light (not extra virgin)
- ☐ 1 pinch salt
- ☐ 0.5 teaspoon vanilla extract
- ☐ 0.1 teaspoon xanthan gum

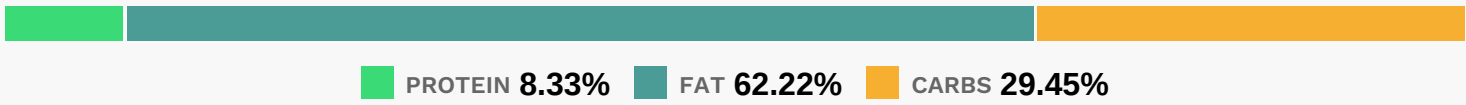
Equipment

- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ mixing bowl

Directions

- ☐ Heat the oven to 300 degrees F. Line a large baking sheet with parchment paper or a silicone mat.In a mixing bowl, combine all dry ingredients and make a well in the center.
- ☐ Add the oil, syrup and vanilla to the well, then mix everything together to form a soft dough.Empty the mixture onto the baking sheet and shape it into an 8 inch circle.
- ☐ Bake on center rack for about 12–14 minutes or just until cookies looks less shiny and appears set.
- ☐ Let cool directly on the baking sheet. When ready to decorate, use a cake lifter to put it on your decorating surface. This cookie cake freezes well.

Nutrition Facts



Properties

Glycemic Index:9.81, Glycemic Load:1.05, Inflammation Score:-1, Nutrition Score:1.8243478404601%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg

Nutrients (% of daily need)

Calories: 104.1kcal (5.2%), Fat: 7.46g (11.47%), Saturated Fat: 1.72g (10.76%), Carbohydrates: 7.94g (2.65%), Net Carbohydrates: 6.68g (2.43%), Sugar: 3.5g (3.89%), Cholesterol: 0.04mg (0.01%), Sodium: 25.82mg (1.12%), Alcohol: 0.04g (100%), Alcohol %: 0.28% (100%), Protein: 2.24g (4.49%), Manganese: 0.14mg (7.03%), Fiber: 1.26g (5.05%), Vitamin E: 0.7mg (4.66%), Calcium: 29.39mg (2.94%), Iron: 0.47mg (2.61%), Vitamin K: 2.49µg (2.37%), Phosphorus: 22.4mg (2.24%), Magnesium: 8.24mg (2.06%), Zinc: 0.28mg (1.84%), Selenium: 1.18µg (1.69%), Vitamin B2: 0.03mg (1.59%), Vitamin B1: 0.02mg (1.57%), Copper: 0.03mg (1.45%), Potassium: 42.32mg (1.21%)