



Healthier Red Velvet Cookies

READY IN



45 min.

SERVINGS



18

CALORIES



168 kcal

DESSERT

Ingredients

- ☐ 1 cup greek strained nonfat yogurt plain (I used Fage)
- ☐ 1 box velvet cake mix red (I used Duncan Hines)
- ☐ 1 cup semi chocolate chips (or Nestle Holiday baking chips)

Equipment

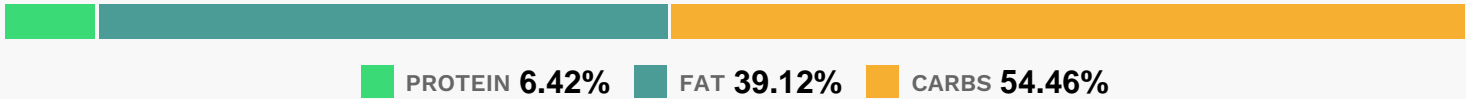
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ mixing bowl

☐ stand mixer

Directions

- ☐ Preheat oven to 350F. Line two baking sheets with silpat mats or parchment paper.
- ☐ Pour cake mix and yogurt into a large glass mixing bowl and stir with a spoon. It may appear that there is too much dry batter to blend with the yogurt but if you continue to stir, it will come together into one uniform dough, little by little. A little more cake mix will stick to the yogurt with each stir. You will likely find pockets of flour each time you stir. Stir and mix until all those pockets of flour are gone. Alternatively, you can probably do this in a stand mixer.
- ☐ Stir in chocolate chips. Take 2 tablespoons of dough and place on cookie sheet, about 2 inches apart. Dough will be sticky to work with. Shape dough into a ball and press down gently on dough as it does not spread that much during baking.
- ☐ Bake for approximately 11-14 minutes. If you touch them, they will still be very soft. The cookies will firm up and set after finished cooling.
- ☐ Let cookies cool on the cookie sheet and firm up before removing them from the baking sheets.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:4.3078261160332%

Nutrients (% of daily need)

Calories: 168.24kcal (8.41%), Fat: 7.6g (11.69%), Saturated Fat: 3g (18.76%), Carbohydrates: 23.81g (7.94%), Net Carbohydrates: 22.43g (8.16%), Sugar: 13.91g (15.45%), Cholesterol: 0.87mg (0.29%), Sodium: 209.48mg (9.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 11.24mg (3.75%), Protein: 2.81g (5.62%), Phosphorus: 112.17mg (11.22%), Copper: 0.22mg (11.14%), Iron: 1.72mg (9.58%), Manganese: 0.19mg (9.34%), Magnesium: 31.47mg (7.87%), Calcium: 69.29mg (6.93%), Selenium: 4.31µg (6.15%), Fiber: 1.38g (5.5%), Potassium: 170.61mg (4.87%), Vitamin B2: 0.08mg (4.42%), Folate: 16.51µg (4.13%), Zinc: 0.59mg (3.93%), Vitamin B1: 0.05mg (3.37%), Vitamin B3: 0.48mg (2.42%), Vitamin E: 0.33mg (2.17%), Vitamin B12: 0.1µg (1.68%), Vitamin K: 1.66µg (1.58%), Vitamin B5: 0.15mg (1.5%)