



Healthier Whole Wheat Chocolate Chip Cookies

 Dairy Free

READY IN



27 min.

SERVINGS



24

CALORIES



104 kcal

DESSERT

Ingredients

- 0.5 teaspoon baking soda
- 0.5 cup brown sugar packed
- 1.3 cup chocolate chips
- 0.5 cup coconut oil
- 1 large eggs
- 1.3 cup flour whole wheat white
- 0.3 cup granulated sugar

- 0.3 teaspoon kosher salt
- 0.5 teaspoon vanilla extract pure

Equipment

- baking sheet
- baking paper
- oven
- mixing bowl

Directions

- Preheat oven to 350 degrees and line a large baking sheet with a silpat liner or parchment paper
- Place softened coconut oil into a large mixing bowl. Stir in sugars, beating until well combined.
- Add egg and vanilla, beating well.
- Add flour, baking soda, salt and chocolate chips, stirring until dough forms. Scoop dough onto prepared baking sheet placing 1 inch apart.
- Bake for 10-12 minutes, until slightly golden around the edges.
- Remove and let cool on baking sheet for 10 minutes before transferring.
- Serve and enjoy.

Nutrition Facts



Properties

Glycemic Index:3.84, Glycemic Load:1.46, Inflammation Score:1, Nutrition Score:0.48956522037802%

Nutrients (% of daily need)

Calories: 103.91kcal (5.2%), Fat: 3.89g (5.98%), Saturated Fat: 2.49g (15.56%), Carbohydrates: 17.01g (5.67%), Net Carbohydrates: 16.38g (5.96%), Sugar: 11.9g (13.22%), Cholesterol: 7.75mg (2.58%), Sodium: 51.29mg (2.23%), Alcohol: 0.03g (100%), Alcohol %: 0.12% (100%), Protein: 1.1g (2.2%), Fiber: 0.63g (2.5%), Calcium: 15.89mg (1.59%), Potassium: 42.8mg (1.22%), Iron: 0.22mg (1.21%), Selenium: 0.71µg (1.01%)