



Homemade Chocolate Cereal

 Dairy Free

READY IN



30 min.

SERVINGS



8

CALORIES



85 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 4 teaspoons cocoa powder
- ☐ 1 tablespoon flax seed powder
- ☐ 3 tablespoons maple syrup
- ☐ 0.5 cup ragi flour (Finger Millet)
- ☐ 1 teaspoon vanilla extract
- ☐ 1 teaspoon vegetable oil spread
- ☐ 3 tablespoons water
- ☐ 1 tablespoon flour whole wheat

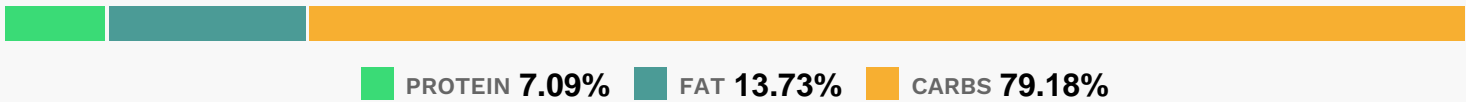
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ pizza cutter

Directions

- ☐ Preheat oven at 375F/190C for 15 minutes. If using a cookie sheet with edges, flip it over (so you get a flat top) and grease it with some oil spread. Or you can use a flat cookie sheet and grease the same. You will be requiring 2 sheets.Meanwhile combine together the dry and wet ingredients into a smooth dough.Divide the dough into two equal parts and roll each half directly on the greased cookie sheets.
- ☐ Roll as thin as possible and using a knife/pizza cutter score it into diamonds/squares directly on the cookie sheet; do not separate.
- ☐ Bake for 8-15 minutes. The baking time depends on the thickness of the rolled out dough.The first set I baked was thicker than the second set. So the first one took approximately 12-13 minutes but the 2nd was done in about 8 minutes itself. You can smell the cocoa and also can see that the pieces around the edges turning sort of black. Keep a watch and remove the pans immediately out of the oven.The pieces will start coming off while you are removing it from thee sheet.
- ☐ Spread it on a plate or another cool sheet. Once the chocolate squares have cooled completely store it in an airtight container.

Nutrition Facts



Properties

Glycemic Index:8.56, Glycemic Load:1.85, Inflammation Score:-1, Nutrition Score:4.8126086490634%

Flavonoids

Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg Epicatechin: 0.98mg, Epicatechin: 0.98mg, Epicatechin: 0.98mg, Epicatechin: 0.98mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg,

Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 85.47kcal (4.27%), Fat: 1.31g (2.02%), Saturated Fat: 0.24g (1.51%), Carbohydrates: 17.05g (5.68%), Net Carbohydrates: 16.43g (5.97%), Sugar: 4.59g (5.1%), Cholesterol: 0mg (0%), Sodium: 9.02mg (0.39%), Alcohol: 0.17g (100%), Alcohol %: 0.69% (100%), Protein: 1.53g (3.06%), Manganese: 1.07mg (53.64%), Vitamin B2: 0.13mg (7.66%), Magnesium: 30.56mg (7.64%), Calcium: 63.58mg (6.36%), Vitamin B1: 0.09mg (5.97%), Phosphorus: 56.84mg (5.68%), Copper: 0.11mg (5.65%), Iron: 0.76mg (4.21%), Zinc: 0.5mg (3.37%), Potassium: 99.15mg (2.83%), Fiber: 0.62g (2.48%), Selenium: 0.93µg (1.33%), Vitamin B3: 0.26mg (1.32%), Folate: 4.34µg (1.09%)