



Irresistible Chewy Trail Mix Cookies



Gluten Free



Dairy Free



Popular



Low Fod Map

READY IN



35 min.

SERVINGS



23

CALORIES



108 kcal

DESSERT

Ingredients

- ☐ 0.5 cup almond flour
- ☐ 0.5 cup almonds thinly sliced
- ☐ 0.5 tsp double-acting baking powder
- ☐ 0.5 tsp baking soda
- ☐ 0.3 cup brown sugar
- ☐ 2 tablespoons cacao nibs raw
- ☐ 2 tablespoons chia seeds
- ☐ 0.8 teaspoon cinnamon

- ☐ 0.3 cup coconut oil
- ☐ 3 tablespoons chocolate chips dark mini finely chopped (or chocolate)
- ☐ 0.5 tsp grain sea salt fine
- ☐ 1 tablespoon ground flax mixed
- ☐ 0.3 cup maple syrup pure (or other liquid sweetener)
- ☐ 0.5 cup rolled oats gluten-free
- ☐ 2 tablespoons sesame seed
- ☐ 2 tablespoons sunflower seeds
- ☐ 0.3 cup coconut or shredded unsweetened
- ☐ 1 tsp vanilla

Equipment

- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ wire rack

Directions

- ☐ Preheat oven to 350F and line a baking sheet with parchment paper.
- ☐ Whisk together the ground flax and water in a small mug and set aside so it can gel up. In a large mixing bowl, whisk together all of the dry ingredients. In another medium sized bowl, stir together the wet ingredients, including the flax egg until thoroughly combined.
- ☐ Add the wet mixture on top of the dry mixture and stir well until combined. This will take quite a bit of stirring until all of the dry patches of flour are gone. Portion small balls of dough (just smaller than golf balls) onto the baking sheet, spacing them a couple inches apart. I ended up baking two trays of cookies because I didn't know how much they were going to spread out.
- ☐ Bake cookies for 13-15 minutes (I baked for a full 15 minutes), until light golden brown on the bottom. Cool on the baking sheet for 5 minutes before transferring to a cooling rack until

completely cool. The cookies will break apart easily until cooled, so be careful.Wrap up and store leftovers on the counter or in the freezer, if desired.

Nutrition Facts

PROTEIN 7.17% FAT 59.83% CARBS 33%

Properties

Glycemic Index:12.72, Glycemic Load:1.37, Inflammation Score:-1, Nutrition Score:3.1026087114183%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 107.55kcal (5.38%), Fat: 7.48g (11.51%), Saturated Fat: 3.62g (22.64%), Carbohydrates: 9.28g (3.09%), Net Carbohydrates: 7.64g (2.78%), Sugar: 5.41g (6.01%), Cholesterol: 0.02mg (0.01%), Sodium: 92.53mg (4.02%), Alcohol: 0.06g (100%), Alcohol %: 0.37% (100%), Protein: 2.02g (4.04%), Manganese: 0.3mg (15.21%), Fiber: 1.64g (6.56%), Vitamin E: 0.87mg (5.82%), Magnesium: 21.24mg (5.31%), Copper: 0.1mg (4.9%), Vitamin B2: 0.08mg (4.81%), Phosphorus: 44.78mg (4.48%), Calcium: 44.83mg (4.48%), Iron: 0.58mg (3.24%), Selenium: 2.26µg (3.24%), Vitamin B1: 0.05mg (3.13%), Zinc: 0.4mg (2.68%), Potassium: 66.14mg (1.89%), Vitamin B3: 0.33mg (1.66%), Vitamin B6: 0.03mg (1.49%), Folate: 5.4µg (1.35%)