



Mesquite Chocolate Chip Cookies

READY IN



30 min.

SERVINGS



24

CALORIES



146 kcal

DESSERT

Ingredients

- ☐ 0.5 Teaspoon double-acting baking powder
- ☐ 0.5 Teaspoon baking soda
- ☐ 1 cup brown sugar packed
- ☐ 0.5 cup mesquite flour
- ☐ 0.3 cup grapeseed oil
- ☐ 2 Tablespoons maple syrup
- ☐ 6 Tablespoons milk alternative unsweetened (I used hemp milk, but any type will do)
- ☐ 1 cup oats instant quick canned (not , can sub rolled oats if desired, but I prefer the oats in these)
- ☐ 0.5 Teaspoon salt

- ☐ 0.7 cup dairy-free semi-sweet chocolate chips
- ☐ 1 Teaspoon vanilla extract
- ☐ 1.5 cups pastry flour whole wheat

Equipment

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

Directions

- ☐ Preheat your oven to 350°F and line a baking sheet with a silicone baking mat or parchment paper. Whiz the flaxseeds into a powder in your spice/coffee grinder (about 2 Tablespoons of ground flaxseed).
- ☐ Whisk together the ground flax and milk alternative in a mixing bowl, and set aside. In a separate bowl, whisk together the two flours, oats, baking powder, baking soda, and salt. Returning to the flax mixture (which should have thickened a bit), blend in the sugar, oil, liquid sweetener, and vanilla.
- ☐ Add the dry ingredients and stir until well incorporated. Stir in the chocolate chips. The dough will be quite thick, so you may need to press some of the chocolate chips into the dough.
- ☐ Roll the dough into balls roughly the size of ping pong balls, and flatten them to about 1/2-inch thick on the baking sheet. They will spread a bit while baking, but not much. Press any chocolate chips stragglers into the cookies.
- ☐ Bake for 10 to 12 minutes. You want to underbake these if anything. They will just be beginning to set.
- ☐ Let the cookies cool for 10 minutes before removing them to a wire rack to cool completely.

Nutrition Facts



 PROTEIN **5.75%**  FAT **33%**  CARBS **61.25%**

Properties

Glycemic Index:13.08, Glycemic Load:2.5, Inflammation Score:-1, Nutrition Score:4.3373912987502%

Nutrients (% of daily need)

Calories: 145.73kcal (7.29%), Fat: 5.45g (8.39%), Saturated Fat: 1.51g (9.41%), Carbohydrates: 22.77g (7.59%), Net Carbohydrates: 21.16g (7.7%), Sugar: 12.14g (13.49%), Cholesterol: 0.74mg (0.25%), Sodium: 85.05mg (3.7%), Alcohol: 0.06g (100%), Alcohol %: 0.2% (100%), Caffeine: 4.18mg (1.39%), Protein: 2.14g (4.28%), Manganese: 0.52mg (25.82%), Selenium: 7.11µg (10.16%), Vitamin E: 0.99mg (6.59%), Fiber: 1.61g (6.43%), Magnesium: 25.4mg (6.35%), Phosphorus: 62.09mg (6.21%), Copper: 0.11mg (5.65%), Vitamin B1: 0.08mg (5.3%), Iron: 0.92mg (5.1%), Zinc: 0.48mg (3.22%), Vitamin B3: 0.63mg (3.15%), Potassium: 87.96mg (2.51%), Calcium: 24.89mg (2.49%), Folate: 9.76µg (2.44%), Vitamin B2: 0.04mg (2.42%), Vitamin B6: 0.05mg (2.34%), Vitamin B5: 0.14mg (1.35%)