



Multi-Grain Vegan and Gluten-Free Chocolate Chip Cookies



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



30 min.

SERVINGS



32

CALORIES



115 kcal

DESSERT

Ingredients

- ☐ 1 Teaspoon double-acting baking powder
- ☐ 0.8 Teaspoon baking soda
- ☐ 0.5 cup brown sugar
- ☐ 1.5 cups flour blend gluten-free red for this recipe (I used Bob's Mill, as suggested by the authors)
- ☐ 0.7 cup dairy-free margarine organic (I used Earth Balance Coconut Spread)
- ☐ 1.3 cups dairy-free chocolate chips for soy-free (use a brand like Enjoy Life)
- ☐ 0.5 cup quinoa flour (I used millet)

- ☐ 0.5 Teaspoon salt
- ☐ 0.5 cup sugar
- ☐ 1.5 Teaspoons vanilla extract
- ☐ 3 Tablespoons water (see my notes below)
- ☐ 1 Teaspoon xanthan gum for corn-free (can sub guar gum)

Equipment

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

Directions

- ☐ Preheat your oven to 350°F and line your cookie sheet with a silicone baking mat or parchment paper.
- ☐ Combine the water and ground flaxseeds in a mixing bowl, and set aside while you combine the dry ingredients. In a medium-sized bowl, combine the flours, xanthan or guar gum, baking powder, baking soda, and salt. Back in your flax bowl, add the margarine, sugars, and vanilla, beating until nice and creamy. Stir or beat in the flour mixture until well combined, then stir in the chocolate chips. Drop the dough by the large tablespoon-ful onto your baking sheet, or if you prefer a firmer dough, refrigerate it for at least an hour to firm up (see my example above for what the cookies turn out like when the dough is chilled or not).
- ☐ Bake the cookies for 12 to 14 minutes, or until they just barely begin to brown around the edges – they don't really brown much at all, so do not be tempted to bake them for too long! Cook them for less time (12 min) if you prefer chewy, more for crispy.
- ☐ Let them cool on the baking sheet for 10 to 15 minutes before removing them to indulge. They will be soft and chewy while warm, but do firm up after a day on the counter (though still a bit chewy). They can be stored in the fridge or freezer if desired.

Nutrition Facts



■ PROTEIN 4.14% ■ FAT 42.12% ■ CARBS 53.74%

Properties

Glycemic Index:8.41, Glycemic Load:3.61, Inflammation Score:-1, Nutrition Score:1.3395652012981%

Nutrients (% of daily need)

Calories: 114.57kcal (5.73%), Fat: 5.68g (8.74%), Saturated Fat: 2.21g (13.82%), Carbohydrates: 16.32g (5.44%), Net Carbohydrates: 15.13g (5.5%), Sugar: 10g (11.11%), Cholesterol: 0mg (0%), Sodium: 109.51mg (4.76%), Alcohol: 0.06g (100%), Alcohol %: 0.29% (100%), Protein: 1.26g (2.52%), Vitamin E: 0.91mg (6.08%), Fiber: 1.18g (4.73%), Iron: 0.82mg (4.58%), Vitamin A: 179.81IU (3.6%), Vitamin K: 2.63µg (2.5%), Calcium: 23.47mg (2.35%), Manganese: 0.02mg (1.08%)