



WHATSheATE



Multigrain Chocolate Chip Cookies

READY IN



70 min.

SERVINGS



100

CALORIES



134 kcal

DESSERT

Ingredients

- ☐ 2 cups all purpose flour
- ☐ 1 tablespoon baking soda
- ☐ 1.5 cups brown sugar
- ☐ 2 cups butter cooled melted
- ☐ 1 cup cranberries dried
- ☐ 8 teaspoons ener-g egg replacer powder
- ☐ 1 cup oat flour
- ☐ 1 cup quinoa flour
- ☐ 1.3 cups rolled oats

- ☐ 1 teaspoon salt
- ☐ 1.5 cups semi chocolate chips
- ☐ 1.5 cups sugar
- ☐ 1 tablespoon vanilla extract
- ☐ 4 cups walnuts chopped
- ☐ 15 tablespoons water lukewarm
- ☐ 1 cup pastry flour whole wheat

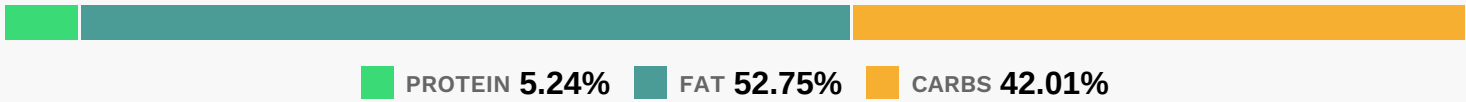
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ blender

Directions

- ☐ Preheat oven to 350F/180C for 15 minutes.In a blender whip together the egg replacer powder and water; until it’s frothy. Keep it aside.In a bowl sift together the flours, baking soda and salt; stir well and set aside.In a large bowl, cream together the butter and sugars.
- ☐ Add the whipped egg replacer mixture and vanilla; beat well.To this add the flour mixture. Fold in the nuts, dried cranberries, chocolate chips and see note 3 before mixing rolled oats.Drop by spoonfuls (about 1 tablespoon of dough per cookie) onto un-greased baking sheet; flatten it slightly and bake for 10–12 minutes or until lightly browned. I baked mine for 11 minutes.

Nutrition Facts



Properties

Glycemic Index:2.55, Glycemic Load:3.77, Inflammation Score:-2, Nutrition Score:2.9239130525485%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 134.02kcal (6.7%), Fat: 8.08g (12.43%), Saturated Fat: 3.26g (20.35%), Carbohydrates: 14.48g (4.83%), Net Carbohydrates: 13.43g (4.88%), Sugar: 8.24g (9.15%), Cholesterol: 9.92mg (3.31%), Sodium: 87.72mg (3.81%), Alcohol: 0.04g (100%), Alcohol %: 0.19% (100%), Protein: 1.81g (3.61%), Manganese: 0.35mg (17.61%), Copper: 0.13mg (6.44%), Magnesium: 17.94mg (4.49%), Fiber: 1.05g (4.2%), Phosphorus: 41.1mg (4.11%), Selenium: 2.86µg (4.08%), Vitamin B1: 0.06mg (3.72%), Iron: 0.64mg (3.55%), Folate: 10.57µg (2.64%), Vitamin A: 115.85IU (2.32%), Zinc: 0.35mg (2.31%), Vitamin B6: 0.04mg (1.83%), Calcium: 18.08mg (1.81%), Vitamin B2: 0.03mg (1.67%), Potassium: 57.43mg (1.64%), Vitamin B3: 0.32mg (1.62%), Vitamin E: 0.2mg (1.35%)