



## Oats & Brown Rice Flour Chocolate Chip Cookies



Gluten Free



Dairy Free



Low Fod Map

READY IN



25 min.

SERVINGS



30

CALORIES



132 kcal

DESSERT

### Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 1.3 cups brown rice flour
- ☐ 0.7 cup canola oil
- ☐ 1 cup chocolate chips
- ☐ 4 teaspoons energ egg replacer
- ☐ 0.5 cup granulated sugar
- ☐ 1 cup brown sugar light (I used )

- ☐ 0.5 cup nuts
- ☐ 1.3 cups oats flour
- ☐ 1 teaspoon vanilla extract
- ☐ 7 tablespoons warm water

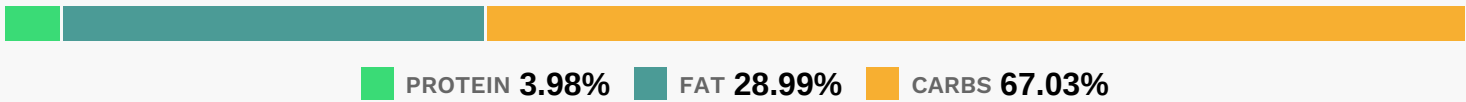
## Equipment

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

## Directions

- ☐ Preheat the oven for 15 minutes at 375F/190C. Grease (use shortening/butter/non-stick spray) the baking sheets and keep it aside. Whip the EnerG egg replacer powder with warm water in a blender until it's smooth and frothy. In a large bowl combine the dry and wet ingredients and mix well. Drop by spoonfuls onto the prepared baking sheets and bake for 10 minutes or until lightly browned.

## Nutrition Facts



## Properties

Glycemic Index:4.66, Glycemic Load:3.22, Inflammation Score:-1, Nutrition Score:2.7821738961274%

## Nutrients (% of daily need)

Calories: 132.18kcal (6.61%), Fat: 4.36g (6.71%), Saturated Fat: 1.38g (8.65%), Carbohydrates: 22.67g (7.56%), Net Carbohydrates: 21.81g (7.93%), Sugar: 13.97g (15.53%), Cholesterol: 0mg (0%), Sodium: 40.22mg (1.75%), Alcohol: 0.05g (100%), Alcohol %: 0.15% (100%), Protein: 1.35g (2.69%), Manganese: 0.44mg (21.92%), Phosphorus: 46.78mg (4.68%), Magnesium: 18.15mg (4.54%), Fiber: 0.86g (3.44%), Vitamin B1: 0.05mg (3.3%), Copper: 0.06mg (3.17%), Vitamin B6: 0.06mg (3.1%), Vitamin B3: 0.58mg (2.88%), Zinc: 0.38mg (2.52%), Calcium: 23.58mg (2.36%), Iron: 0.42mg (2.31%), Potassium: 72.74mg (2.08%), Vitamin B5: 0.18mg (1.81%), Vitamin E: 0.27mg (1.78%), Selenium: 1.08µg (1.55%)