Okara (or Tofu) Coconut Cookies

🥛 **Dairy Free**

READY IN	SERVINGS	CALORIES
🕐	🍽️	💧
35 min.	**15**	**48 kcal**

DESSERT

Ingredients

- [ ] 0.5 teaspoon baking soda
- [ ] 0.1 teaspoon coconut extract
- [ ] 0.3 teaspoon salt
- [ ] 1 tablespoon tsp vanilla sugar (I used vanilla sugar)
- [ ] 46 g coconut sweetened packed
- [ ] 1 cup unbleached flour
- [ ] 1 teaspoon vanilla extract
- [ ] 3 tablespoons water with okara, 6 with tofu)

Equipment

- [ ] baking sheet
- [ ] baking paper
- [ ] oven
- [ ] mixing bowl
- [ ] wire rack

Directions

- [ ] Mix the coconut, flour, baking soda, salt, and 1/2 cup sugar in a mixing bowl.
- [ ] Add the okara (or drained tofu), vanilla, and coconut extract and begin to stir.
- [ ] Add water by the tablespoon until all the dry ingredients are incorporated and a heavy dough forms. Do not add too much water or over-stir. Use a cookie scoop or tablespoon to drop rounded tablespoons of dough at least two inches apart on a baking sheet lined with silicone baking mat or parchment paper. Flatten each cookie slightly with a fork.
- [ ] Bake for 10-16 minutes or until edges are golden and middles seem done.
- [ ] Remove from oven and allow to cool for 5 minutes before transferring each cookie to a wire rack.
- [ ] Sprinkle with sugar and allow to cool completely before serving.

Nutrition Facts

PROTEIN 9.27% **FAT 19.04%** **CARBS 71.69%**
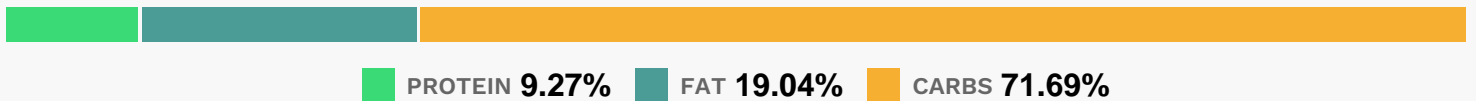
Properties

Glycemic Index:9.14, Glycemic Load:4.47, Inflammation Score:-1, Nutrition Score:0.89217391043254%

Nutrients (% of daily need)

Calories: 48.03kcal (2.4%), Fat: 1g (1.54%), Saturated Fat: 0.83g (5.19%), Carbohydrates: 8.47g (2.82%), Net Carbohydrates: 7.96g (2.9%), Sugar: 1.99g (2.21%), Cholesterol: 0mg (0%), Sodium: 84.33mg (3.67%), Alcohol: 0.11g (100%), Alcohol %: 0.85% (100%), Protein: 1.09g (2.19%), Selenium: 3.81µg (5.44%), Manganese: 0.1mg (4.81%), Fiber: 0.5g (2.01%), Copper: 0.03mg (1.25%), Phosphorus: 11.17mg (1.12%)