



# Paleo Coconut Dark Chocolate Chip Cookies

 **Gluten Free**  **Dairy Free**

READY IN



**30 min.**

SERVINGS



**24**

CALORIES



**155 kcal**

DESSERT

## Ingredients

- 0.5 cup almond butter softened
- 2 cups almond flour
- 0.3 cup coconut flour
- 1.5 teaspoons coconut oil melted
- 0.8 cup chocolate chips dark
- 1 eggs
- 0.3 cup honey
- 0.7 cup coconut or shredded unsweetened

1 teaspoon vanilla extract

## Equipment

bowl

baking sheet

oven

## Directions

Preheat oven to 350 degrees F (175 degrees C).

Mix almond flour, shredded coconut, and coconut flour together in a bowl.

Beat egg in a large bowl. Beat almond butter, honey, coconut oil, and vanilla extract into the egg until dough is smooth.

Stir chocolate chips into dough and mix until just combined. Scoop dough into walnut-sized balls and place 1-inch apart onto ungreased baking sheets.

Bake in the preheated oven until set, about 10 minutes.

## Nutrition Facts

 **PROTEIN 10.23%** **FAT 63.81%** **CARBS 25.96%**

## Properties

Glycemic Index:3.09, Glycemic Load:1.52, Inflammation Score:-1, Nutrition Score:3.1334782803188%

## Nutrients (% of daily need)

Calories: 155.11kcal (7.76%), Fat: 11.6g (17.85%), Saturated Fat: 4.15g (25.94%), Carbohydrates: 10.62g (3.54%), Net Carbohydrates: 7.87g (2.86%), Sugar: 5.71g (6.34%), Cholesterol: 6.88mg (2.29%), Sodium: 13.62mg (0.59%), Alcohol: 0.06g (100%), Alcohol %: 0.24% (100%), Protein: 4.18g (8.37%), Fiber: 2.75g (11.02%), Manganese: 0.19mg (9.67%), Vitamin E: 1.38mg (9.2%), Calcium: 56.65mg (5.66%), Magnesium: 19.19mg (4.8%), Iron: 0.78mg (4.35%), Phosphorus: 42.65mg (4.26%), Vitamin B2: 0.07mg (4.2%), Copper: 0.08mg (4.11%), Zinc: 0.45mg (3.02%), Potassium: 93.21mg (2.66%), Selenium: 1.49µg (2.12%), Folate: 5.11µg (1.28%), Vitamin B3: 0.24mg (1.22%), Vitamin B6: 0.02mg (1.22%), Vitamin B5: 0.11mg (1.1%)