



## Peanut Butter Chocolate Chip Cookies

 Dairy Free

READY IN



31 min.

SERVINGS



32

CALORIES



144 kcal

DESSERT

### Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 0.3 cup butter soft (I used Becel tub margarine)
- ☐ 1.3 cups cake flour (See My Notes #2)
- ☐ 0.5 cup brown sugar dark packed (I used brown)
- ☐ 2 teaspoons ener-g egg replacer (for 1 egg)
- ☐ 0.5 cup granulated sugar
- ☐ 1 cup peanut butter unsalted unsweetened (I used and )
- ☐ 0.3 teaspoon salt

- ☐ 1 cup semi chocolate chips sweet
- ☐ 2 teaspoons vanilla extract
- ☐ 3.5 tablespoons water lukewarm
- ☐ 0.5 cup pastry flour whole wheat (See My Notes #2)

## Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ wire rack
- ☐ blender
- ☐ hand mixer

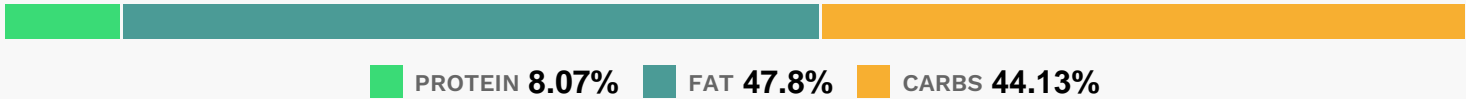
## Directions

- ☐ Preheat oven to 350F/180C for 15 minutes. Do not grease the baking sheets. In a small blender, blend together the Ener-G powder and warm water until its frothy. Keep it aside. I use the small jar of my Magic Bullet for this task. Measure the flours, baking soda and salt in a medium size bowl; stir it together and set it aside. In a large bowl, beat the peanut butter, margarine and sugars with an electric mixer until well combined.
- ☐ Add the Ener-G mixture and vanilla extract and beat it well again.
- ☐ Add the dry ingredients to the butter mixture and stir by hand to incorporate it into the dough. Alternatively you can use the electric mixer at low speed to do this. Since I have used whole wheat pastry flour I did it by hand itself because I did not want it develop too much gluten. This cookie dough is dry and crumbly unlike the usual cookie doughs. You will have to use your hands to mix it well. About halfway through mixing, add the chocolate chips and stir until just blended. The way the dough ends up depends upon the type of peanut butter used. So do as I did. Test bake 2 cookies and decide what you have to do. Shape the dough into balls and place at least an inch apart on an ungreased cookie sheet. Flatten each one a little with the palm of your hand, so they're more like little patties. I pinched small pieces of dough and rolled between my palms; dampened my fingers with little water to enable easy flattening. The patties were not smooth but had a couple of cracks. That's fine.
- ☐ Bake it for about 11-12 minutes, until just set. I baked the first 2 cookies for 12 minutes and saw that the bottom had started turning dark brown. Other than that I did not face any other

problem with the dough being crumbly. So proceeded with the rest of the dough too in the same manner but baked it for just 11 minutes.

- ☐
- Remove the baking sheet from the oven and cool it on a wire rack for 5 minutes so it will continue to bake and will set completely. After 5 minutes transfer the cookies to the wiring rack directly and let it cool.The cookies do not have a smooth finish but have some cracks around the edges.

## Nutrition Facts



## Properties

Glycemic Index:4.28, Glycemic Load:4.48, Inflammation Score:-2, Nutrition Score:3.4178260687901%

## Nutrients (% of daily need)

Calories: 143.97kcal (7.2%), Fat: 7.86g (12.1%), Saturated Fat: 2.39g (14.91%), Carbohydrates: 16.34g (5.45%), Net Carbohydrates: 15.17g (5.51%), Sugar: 9.42g (10.47%), Cholesterol: 0.34mg (0.11%), Sodium: 72.47mg (3.15%), Alcohol: 0.09g (100%), Alcohol %: 0.35% (100%), Caffeine: 4.84mg (1.61%), Protein: 2.99g (5.97%), Manganese: 0.31mg (15.53%), Magnesium: 27.64mg (6.91%), Vitamin B3: 1.25mg (6.25%), Copper: 0.12mg (6.15%), Vitamin E: 0.85mg (5.7%), Selenium: 3.96µg (5.66%), Phosphorus: 53.62mg (5.36%), Fiber: 1.17g (4.68%), Iron: 0.63mg (3.52%), Zinc: 0.44mg (2.96%), Potassium: 94.32mg (2.69%), Vitamin B6: 0.05mg (2.43%), Folate: 9.5µg (2.38%), Vitamin B1: 0.03mg (1.83%), Calcium: 16.48mg (1.65%), Vitamin B2: 0.03mg (1.51%), Vitamin B5: 0.14mg (1.41%), Vitamin A: 66.51IU (1.33%)