



Salted Chocolate Chunk No Bake Cookies



Vegetarian



Vegan



Gluten Free

READY IN



25 min.

SERVINGS



16

CALORIES



80 kcal

DESSERT

Ingredients

- ☐ 0.3 cup chocolate chunks dark (used Taza Semi-Sweet Squares to keep it "raw")
- ☐ 16 servings sea salt for sprinkling, optional (I used Himalayan pink salt)
- ☐ 2 Tablespoons coconut oil melted
- ☐ 0.3 cup coconut / palm sugar
- ☐ 0.8 cup cashew pieces raw
- ☐ 2 Tablespoons honey raw for vegan (or agave nectar)
- ☐ 0.5 Teaspoon salt
- ☐ 0.3 Teaspoon vanilla extract

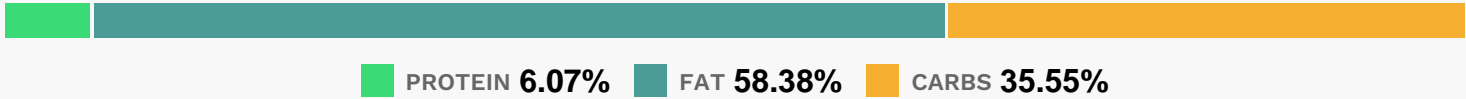
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking paper

Directions

- ☐ Place the cashews, palm/coconut sugar, flaxseeds, and salt in your spice grinder or food processor, and whiz into a powder.Dump the cashew mixture into a small to medium-sized bowl and drizzle in the coconut oil, honey or agave, and vanilla. Stir well to combine and incorporate everything as evenly as possible.Stir in the chocolate chunks or chips to evenly distribute.Shape the dough into sixteen (more or less) balls, and flatten them gently onto a sheet or pan lined with a silicone baking mat or parchment paper. Really, you can shape them however you like, I just like to make them cookie-shaped.If desired, sprinkle the tops with a pinch of sea salt.Chill the “cookies” for 15 minutes in the freezer.Store them in the refrigerator or freezer, depending on how firm and cool you like them!

Nutrition Facts



Properties

Glycemic Index:7.26, Glycemic Load:1.89, Inflammation Score:-1, Nutrition Score:2.0286956486981%

Nutrients (% of daily need)

Calories: 79.86kcal (3.99%), Fat: 5.42g (8.33%), Saturated Fat: 2.5g (15.62%), Carbohydrates: 7.42g (2.47%), Net Carbohydrates: 7g (2.55%), Sugar: 4.76g (5.28%), Cholesterol: 0.16mg (0.05%), Sodium: 272.46mg (11.85%), Alcohol: 0.02g (100%), Alcohol %: 0.17% (100%), Protein: 1.27g (2.53%), Copper: 0.17mg (8.32%), Manganese: 0.14mg (6.81%), Magnesium: 22.37mg (5.59%), Phosphorus: 42.79mg (4.28%), Iron: 0.58mg (3.21%), Zinc: 0.42mg (2.81%), Vitamin K: 2.85µg (2.72%), Selenium: 1.47µg (2.1%), Vitamin B1: 0.03mg (1.98%), Fiber: 0.42g (1.67%), Vitamin B6: 0.03mg (1.61%), Potassium: 55.22mg (1.58%)