



WHATSheATE



## Small Batch Double Chocolate Coconut Cookies



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



99 kcal

DESSERT

### Ingredients

- ☐ 0.3 teaspoon baking soda
- ☐ 4 tablespoons coconut oil
- ☐ 1 large eggs room temperature
- ☐ 2 ounces extra chocolate chips plus an extra dark whole for adding
- ☐ 2.3 ounces ultragrain flour whole wheat white
- ☐ 0.8 cup granulated sugar organic
- ☐ 0.3 teaspoon salt

- ☐ 0.3 cup coconut or unsweetened sweetened flaked ( or )
- ☐ 0.3 cup cocoa powder unsweetened (I used Penzey's)
- ☐ 0.8 teaspoon vanilla extract pure

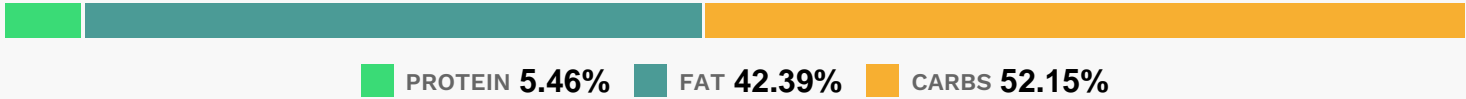
## Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ mixing bowl
- ☐ wire rack
- ☐ hand mixer
- ☐ aluminum foil
- ☐ microwave
- ☐ measuring cup

## Directions

- ☐ Preheat oven to 350 degrees. Line two baking sheets with nonstick foil or parchment paper. In a microwave-safe bowl or Pyrex measuring cup, combine the 1/3 cup chocolate chips and the 4 tablespoons of coconut oil. If coconut oil is solid, warm it a little before measuring. Microwave the mixture for 30 seconds on high. Stir well until completely melted and smooth.
- ☐ Add the cocoa powder and stir until smooth, then set aside to cool.
- ☐ Mix the flour, baking soda and salt together in a bowl and set aside. In a mixing bowl, beat the sugar and egg with an electric mixer until light and fluffy. Beat in the vanilla and the cooled melted chocolate mixture. By hand, stir in the flour mixture. Make sure the batter is cool and add the remaining 1/3 cup chocolate chips and the coconut. At this point batter should hold its shape when scooped. If not, chill the batter for 30 minutes. Drop dough by heaping tablespoons about 2 ½ inches apart onto the prepared baking sheets. For flatter cookies, press tops down slightly.
- ☐ Bake one sheet at a time for about 10 minutes or until set and cracked.
- ☐ Let cool on baking sheet for 5 minutes, then transfer to a wire rack to finish cooling.

# Nutrition Facts



## Properties

Glycemic Index:10.44, Glycemic Load:8.8, Inflammation Score:-1, Nutrition Score:1.753913063232%

## Flavonoids

Catechin: 0.87mg, Catechin: 0.87mg, Catechin: 0.87mg, Catechin: 0.87mg Epicatechin: 2.64mg, Epicatechin: 2.64mg, Epicatechin: 2.64mg, Epicatechin: 2.64mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

## Nutrients (% of daily need)

Calories: 98.87kcal (4.94%), Fat: 4.94g (7.61%), Saturated Fat: 3.87g (24.19%), Carbohydrates: 13.69g (4.56%), Net Carbohydrates: 12.86g (4.68%), Sugar: 9.56g (10.62%), Cholesterol: 11.63mg (3.88%), Sodium: 61.07mg (2.66%), Alcohol: 0.06g (100%), Alcohol %: 0.31% (100%), Caffeine: 3.09mg (1.03%), Protein: 1.43g (2.86%), Manganese: 0.12mg (5.88%), Selenium: 2.84µg (4.05%), Copper: 0.08mg (3.88%), Fiber: 0.83g (3.31%), Iron: 0.52mg (2.91%), Phosphorus: 26.74mg (2.67%), Magnesium: 10.15mg (2.54%), Vitamin B1: 0.04mg (2.53%), Vitamin B2: 0.04mg (2.48%), Folate: 9.48µg (2.37%), Vitamin B3: 0.29mg (1.45%), Zinc: 0.21mg (1.4%), Potassium: 42.24mg (1.21%)