



WHATSheATE



# The Ultimate Vegan Chocolate Chip Cookies



Dairy Free

READY IN



30 min.

SERVINGS



12

CALORIES



276 kcal

DESSERT

## Ingredients

- ☐ 0.3 teaspoon baking soda
- ☐ 0.5 cup maple syrup
- ☐ 1.5 cups quick-cooking rolled oats instant (not )
- ☐ 0.5 teaspoon salt
- ☐ 2 teaspoons vanilla extract
- ☐ 1 cup vegan semisweet chocolate chips
- ☐ 0.5 cup vegetable oil
- ☐ 1 cup walnuts lightly toasted coarsely chopped (see note)

- ☐ 2 tablespoons water
- ☐ 1 cup pastry flour whole wheat

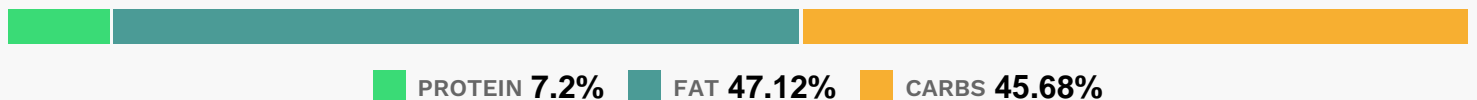
## Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ wire rack

## Directions

- ☐ Preheat the oven to 350°F. Line two baking sheets with parchment paper (for the easiest cleanup), or mist them with nonstick cooking spray.
- ☐ Place the oats, flour, walnuts, chocolate chips, salt, and baking soda in a large bowl. Stir with a dry whisk until well combined.
- ☐ Place the oil, maple syrup, water, and vanilla extract in a small bowl, and beat vigorously with a whisk until well combined. Stir into the flour mixture, mixing just until everything is evenly moistened.
- ☐ Let rest for 5 minutes so the oats can absorb some of the moisture. Drop slightly rounded tablespoons of dough onto the prepared baking sheets, about 1 inch apart. The dough will be crumbly. Flatten with your hand to one-third inch thick. Smooth the edges to make each cookie uniformly round, gently pressing the dough so the cookies hold together.
- ☐ Bake one sheet at a time on the center rack of the oven for 18 minutes, or until the cookies are lightly browned.
- ☐ Transfer the cookies to a cooling rack, and let cool completely. Store in an airtight container in the refrigerator. (The cookies will taste best after they have been chilled.)

## Nutrition Facts



## Properties

Glycemic Index:10.13, Glycemic Load:7.31, Inflammation Score:-4, Nutrition Score:11.026956560171%

Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg

Nutrients (% of daily need)

Calories: 276.42kcal (13.82%), Fat: 14.87g (22.87%), Saturated Fat: 4.34g (27.09%), Carbohydrates: 32.43g (10.81%), Net Carbohydrates: 28.55g (10.38%), Sugar: 14.07g (15.63%), Cholesterol: 0.9mg (0.3%), Sodium: 123.29mg (5.36%), Alcohol: 0.23g (100%), Alcohol %: 0.41% (100%), Caffeine: 12.9mg (4.3%), Protein: 5.11g (10.22%), Manganese: 1.68mg (84.22%), Magnesium: 85.79mg (21.45%), Copper: 0.42mg (21.08%), Selenium: 11.36µg (16.23%), Fiber: 3.88g (15.5%), Phosphorus: 154.89mg (15.49%), Vitamin B2: 0.22mg (13.04%), Iron: 2.08mg (11.55%), Vitamin B1: 0.15mg (10.13%), Zinc: 1.38mg (9.19%), Potassium: 231.83mg (6.62%), Vitamin B6: 0.11mg (5.42%), Vitamin K: 5.2µg (4.95%), Folate: 17.2µg (4.3%), Calcium: 41.85mg (4.19%), Vitamin B3: 0.83mg (4.14%), Vitamin E: 0.45mg (2.98%), Vitamin B5: 0.23mg (2.33%)