



Thin and Crispy Almond Butter Chocolate Chip Cookies

 **Gluten Free**  **Low Fod Map**

READY IN



22 min.

SERVINGS



18

CALORIES



192 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons regular almond butter salted (regular un-roasted type)
- ☐ 0.5 teaspoon baking soda
- ☐ 4.5 oz spoon gently and level without shaking cup
- ☐ 2 tablespoons eggs lightly beaten
- ☐ 0.5 cup granulated sugar
- ☐ 0.3 cup brown sugar dark light packed (doesn't give same results)
- ☐ 0.5 teaspoon salt

- ☐ 1.3 cups semi-sweet chocolate chips
- ☐ 4 oz butter unsalted
- ☐ 1 teaspoon vanilla extract

Equipment

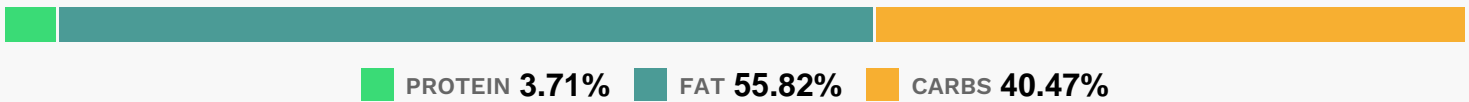
- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ wire rack

Directions

- ☐ Melt the butter in a saucepan. When butter is melted, add the flour gradually and stir, coating it with butter. Set the time for 3 minutes and cook the butter and flour mixture in the saucepan for 3 minutes, stirring almost constantly to keep it from burning. I'm not sure it will burn easily, but I kept moving it around in the saucepan just in case. After 3 minutes, it will become scraggly.
- ☐ Remove from heat.
- ☐ Transfer the flour/butter mixture to a bowl and let it cool completely. This will take at least a half hour – maybe more. It needs to cool. You can cheat and throw it in the refrigerator after it's cooled at room temp for 30 minutes. Preheat oven to 350 degrees F. Line a few cookie sheets with parchment paper.
- ☐ Combine granulated sugar, dark brown sugar, almond butter, baking soda, salt and vanilla in the food processor. Process until smooth and creamy.
- ☐ Add the two tablespoons of egg and process until egg is mixed – don't forget to scrape sides of bowl.
- ☐ Add the cooled faux-roux (butter/flour mixture) and pulse until mixed.
- ☐ Transfer to a bowl. If you let the faux-roux cool, your dough should be cool enough to add the chocolate chips. If not, you'll need to let it cool some more so you won't melt the chocolate.

- ☐
- Add the chocolate chips to the mixture. I use a lot! Dough will be ugly and kind of course/grainy/greasy/shiny. It should be thick enough to drop by rounded teaspoonfuls onto the cookie sheet, but if it seems too goopy, chill it for 30 minutes.Drop well-rounded teaspoonfuls of dough onto the cookie sheets, spacing about 2 ½ to 3 inches apart.
- ☐
- Bake cookies for 10–12 minutes or until edges are a deep golden brown. Cool on cookie sheets for about 5 minutes, then transfer to a wire rack to cool and crisp.

Nutrition Facts



Properties

Glycemic Index:3.89, Glycemic Load:3.88, Inflammation Score:-2, Nutrition Score:3.3413043548555%

Nutrients (% of daily need)

Calories: 192.43kcal (9.62%), Fat: 12.12g (18.64%), Saturated Fat: 6.45g (40.31%), Carbohydrates: 19.76g (6.59%), Net Carbohydrates: 18.48g (6.72%), Sugar: 15.9g (17.67%), Cholesterol: 20.58mg (6.86%), Sodium: 123.55mg (5.37%), Alcohol: 0.08g (100%), Alcohol %: 0.25% (100%), Caffeine: 11.15mg (3.72%), Protein: 1.81g (3.63%), Manganese: 0.23mg (11.36%), Copper: 0.19mg (9.34%), Magnesium: 29.25mg (7.31%), Iron: 1.04mg (5.8%), Phosphorus: 54.23mg (5.42%), Fiber: 1.28g (5.11%), Vitamin E: 0.68mg (4.53%), Selenium: 2.69µg (3.84%), Vitamin A: 176.49IU (3.53%), Zinc: 0.45mg (3.02%), Vitamin B2: 0.05mg (3.01%), Potassium: 101.83mg (2.91%), Calcium: 28.51mg (2.85%), Vitamin K: 1.74µg (1.66%), Vitamin B3: 0.28mg (1.41%), Vitamin B1: 0.02mg (1.27%), Folate: 4.63µg (1.16%)