



Vegan Chocolate Cookies & Video



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



34 min.

SERVINGS



36

CALORIES



80 kcal

DESSERT

Ingredients

- ☐ 0.5 Teaspoon double-acting baking powder
- ☐ 0.5 Teaspoon baking soda
- ☐ 2 Teaspoons ener-g egg replacer
- ☐ 1 cup granulated sugar
- ☐ 0.5 cup raisins (Optional, See My Notes)
- ☐ 0.3 Teaspoon salt
- ☐ 0.5 cup cocoa powder unsweetened
- ☐ 1 Teaspoon vanilla extract

- ☐ 0.8 cup vegan margarine softened (I Used Earth Balance)
- ☐ 1 cup walnuts chopped
- ☐ 0.3 cup water lukewarm

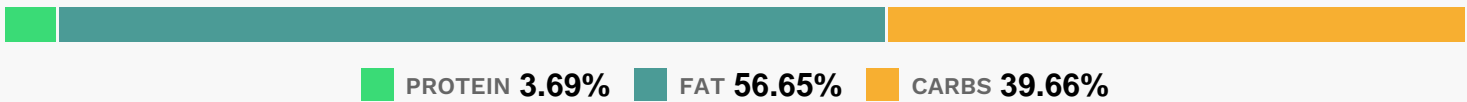
Equipment

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

Directions

- ☐ Preheat the oven at 350F/180C for 15 minutes. Line baking sheet(s) with parchment paper. Blend together the egg replacer powder and warm water until it's frothy; set aside. In a large bowl, cream together the sugar and margarine until light and fluffy (See My Notes).
- ☐ Add the blended egg replacer mixture and vanilla extract to the creamed sugar mixture; beat it well again. Sift together the dry ingredients directly into the bowl with the creamed mixture.
- ☐ Combine it well. The cookie dough will be very thick. You can use an electric beater to do the mixing. Fold in the walnuts and then the raisins, if using. Drop tablespoonful of dough onto the prepared baking sheet and flatten it slightly.
- ☐ Bake for about 12–14 minutes. Test bake about 2 cookies to see how it bakes and then you can decide how to proceed with the rest of the dough. Move the cookie sheet to wire cooling rack and leave it undisturbed for about 6–8 minutes. Then remove the cookies from the sheet and let it cool completely on the wire rack before storing it in an air tight container.

Nutrition Facts



Properties

Glycemic Index:6.69, Glycemic Load:4.79, Inflammation Score:-2, Nutrition Score:1.9569565284511%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg Epicatechin: 2.35mg, Epicatechin: 2.35mg, Epicatechin: 2.35mg, Epicatechin: 2.35mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 79.68kcal (3.98%), Fat: 5.35g (8.24%), Saturated Fat: 1.09g (6.78%), Carbohydrates: 8.43g (2.81%), Net Carbohydrates: 7.64g (2.78%), Sugar: 5.66g (6.29%), Cholesterol: 0mg (0%), Sodium: 68.87mg (2.99%), Alcohol: 0.04g (100%), Alcohol %: 0.26% (100%), Protein: 0.79g (1.57%), Manganese: 0.16mg (8.13%), Vitamin E: 0.93mg (6.23%), Copper: 0.1mg (5.19%), Vitamin A: 180.46IU (3.61%), Fiber: 0.8g (3.19%), Magnesium: 11.74mg (2.94%), Vitamin K: 2.73µg (2.6%), Phosphorus: 22.93mg (2.29%), Iron: 0.32mg (1.79%), Potassium: 50.71mg (1.45%), Calcium: 12.37mg (1.24%), Zinc: 0.19mg (1.24%), Vitamin B6: 0.02mg (1.13%)