



Vegan Chocolate Crinkle Cookies



Vegetarian



Vegan



Dairy Free



Popular

READY IN



17 min.

SERVINGS



100

CALORIES



31 kcal

DESSERT

Ingredients

- ☐ 2.3 cups all purpose flour
- ☐ 2 teaspoons double-acting baking powder
- ☐ 1 cup cocoa powder
- ☐ 0.5 teaspoon salt
- ☐ 2 cups sugar
- ☐ 2 teaspoons vanilla extract
- ☐ 0.8 cup vegetable oil (I used canola oil)
- ☐ 12 tablespoons water

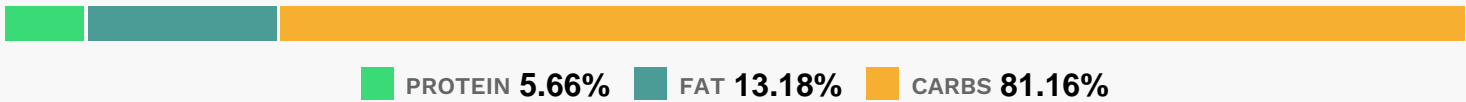
Equipment

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

Directions

- ☐ In a mixing bowl, stir together flour, baking powder and salt. Keep it aside.In another large mixing bowl, beat together the oil and sugar. Then add the cocoa and beat once again until well blended.In a blender, blend together the EnerG powder and warm water for 2–3 minutes until it’s foamy.
- ☐ Add the EnerG mix and vanilla extract to the wet ingredients and beat it once again.
- ☐ Add the flour mixture gradually to the cocoa mixture, beating well. At this stage the cookie dough becomes very thick. My electric hand beater stopped working and I had to mix the dough with my hand. It had the consistency of stiff chapathi dough.Cover and refrigerate the dough for at least 6 hours.Preheat oven to 350F for 15 minutes. Prepare cookie sheets by greasing or lining with parchment paper.Shape the dough into balls (I used around 1/2 tablespoon of dough); roll in powdered sugar to coat.
- ☐ Place about 2 inches apart on prepared cookie sheets.
- ☐ Bake 10 to 12 minutes or until almost no indentation remains when touched lightly and tops are crackled. I baked mine for 11 minutes. Cool slightly.
- ☐ Remove from cookie sheet to wire rack and cool completely.

Nutrition Facts



Properties

Glycemic Index:2.37, Glycemic Load:4.42, Inflammation Score:-1, Nutrition Score:0.83652174505203%

Flavonoids

Catechin: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg Epicatechin: 1.69mg, Epicatechin: 1.69mg, Epicatechin: 1.69mg, Epicatechin: 1.69mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 31.14kcal (1.56%), Fat: 0.49g (0.75%), Saturated Fat: 0.12g (0.77%), Carbohydrates: 6.74g (2.25%), Net Carbohydrates: 6.34g (2.31%), Sugar: 4.03g (4.47%), Cholesterol: 0mg (0%), Sodium: 20.48mg (0.89%), Alcohol: 0.03g (100%), Alcohol %: 0.31% (100%), Protein: 0.47g (0.94%), Manganese: 0.05mg (2.66%), Copper: 0.04mg (1.87%), Selenium: 1.14µg (1.62%), Fiber: 0.4g (1.59%), Vitamin B1: 0.02mg (1.57%), Iron: 0.27mg (1.48%), Folate: 5.61µg (1.4%), Magnesium: 4.98mg (1.25%), Phosphorus: 11.22mg (1.12%), Vitamin B2: 0.02mg (1.02%)