



Vegan Double Chocolate Cookies

 Dairy Free

READY IN



30 min.

SERVINGS



30

CALORIES



118 kcal

DESSERT

Ingredients

- ☐ 2 cups all purpose flour
- ☐ 0.5 Teaspoon almond extract
- ☐ 0.5 cup vanilla almond milk or any other non dairy milk)
- ☐ 1 Teaspoon baking soda
- ☐ 0.7 cup dutch-processed cocoa powder unsweetened
- ☐ 4 Teaspoons flax seed meal
- ☐ 0.8 cup maple syrup
- ☐ 0.5 Teaspoon salt

- ☐ 2 Teaspoons vanilla extract
- ☐ 0.8 cup vegan chocolate chips
- ☐ 0.3 cup vegetable oil
- ☐ 0.8 cup walnuts chopped

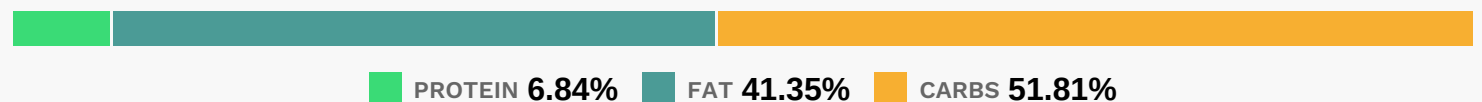
Equipment

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

Directions

- ☐ Preheat oven to 350F/180C for 15 minutes. Line baking sheets with parchment paper. In a large bowl, sift together the flour, cocoa powder, baking soda and salt. In another large bowl, mix together the oil, maple syrup, flax seed meal, almond milk and extracts, and mix well. Fold in the dry ingredients in batches. The batter will start to get stiff. You may have to use your hand from now on.
- ☐ Add the chocolate chips and walnuts, and mix with a wooden spoon or your hand. Use a 1 tablespoon measurement to scoop out the dough and place it on the baking sheet. Then roll each piece of dough and flatten into disks using your fingers and place it an inch apart on the cookie sheet.
- ☐ Bake for 10 minutes.
- ☐ Remove from the oven and let stand for 5 minutes, then transfer to a wire rack to cool completely.

Nutrition Facts



Properties

Glycemic Index:6.56, Glycemic Load:6.66, Inflammation Score:-2, Nutrition Score:4.0791304344716%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Catechin: 1.24mg, Catechin: 1.24mg, Catechin: 1.24mg, Catechin: 1.24mg Epicatechin: 3.75mg, Epicatechin: 3.75mg, Epicatechin: 3.75mg, Epicatechin: 3.75mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 118.4kcal (5.92%), Fat: 5.77g (8.87%), Saturated Fat: 1.55g (9.67%), Carbohydrates: 16.26g (5.42%), Net Carbohydrates: 14.74g (5.36%), Sugar: 7.21g (8.01%), Cholesterol: 0mg (0%), Sodium: 78.67mg (3.42%), Alcohol: 0.11g (100%), Alcohol %: 0.45% (100%), Caffeine: 4.4mg (1.47%), Protein: 2.15g (4.29%), Manganese: 0.42mg (21.13%), Vitamin B2: 0.16mg (9.47%), Copper: 0.14mg (6.96%), Iron: 1.11mg (6.14%), Fiber: 1.52g (6.07%), Vitamin B1: 0.09mg (5.94%), Folate: 20.22µg (5.05%), Selenium: 3.4µg (4.86%), Magnesium: 18.77mg (4.69%), Vitamin B3: 0.71mg (3.56%), Phosphorus: 34.88mg (3.49%), Vitamin K: 3.5µg (3.34%), Calcium: 27.43mg (2.74%), Zinc: 0.36mg (2.38%), Potassium: 77.19mg (2.21%), Vitamin E: 0.28mg (1.84%), Vitamin B6: 0.03mg (1.61%)