



Vegan Gluten-Free Chocolate Chip Cookies



Gluten Free



Dairy Free



Popular

READY IN



30 min.

SERVINGS



12

CALORIES



306 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon almond extract
- ☐ 0.3 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 15.5 ounce beans white rinsed drained canned
- ☐ 2 tablespoons cashew milk
- ☐ 1.5 cups bob's mill garbanzo bean flour
- ☐ 0.3 cup dairy-free non-hydrogenated margarine
- ☐ 2 tablespoons flax seed meal

- ☐ 0.1 teaspoon ground cinnamon
- ☐ 0.8 cup natural sugar
- ☐ 0.5 cup pecans
- ☐ 0.1 teaspoon sea salt
- ☐ 1 teaspoon vanilla extract
- ☐ 5 ounces vegan chocolate chips mini (I use a variety, as that is what our grocery store carries)
- ☐ 0.3 cup vegetable shortening (such as Spectrum)

Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ wire rack
- ☐ hand mixer

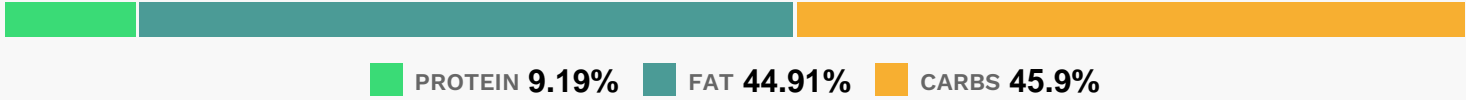
Directions

- ☐ Preheat oven to 350°F. Line 2 baking sheets with silpats or parchment paper. Puree beans and milk beverage in a food processor until smooth.
- ☐ Remove 1/2 cup puree and refrigerate the rest for another use. Using an electric mixer, cream together dairy-free margarine, shortening, and sugar.
- ☐ Add the 1/2 cup white bean puree and both extracts and beat at medium speed until well combined.
- ☐ Add chickpea flour, baking soda, baking powder, sea salt and cinnamon, and mix on low speed just until completely incorporated, scraping down the sides of bowl as necessary. Stir in the pecans and chocolate chips by hand. Using a tablespoon measure, make 12 evenly-spaced mounds on each prepared baking sheet. With your fingers, gently press each mound into a about a 1/2-inch tall cookie.
- ☐ Place baking sheets on center racks and bake for 14 to 16 minutes, rotating sheets after 7 minutes, or until just beginning to turn golden around edges. Allow cookies to cool completely

on baking sheet placed on a wire rack.

☐ Serve immediately or store in an airtight container at room temperature.

Nutrition Facts



Properties

Glycemic Index:19.25, Glycemic Load:6.21, Inflammation Score:-5, Nutrition Score:8.7460869424369%

Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg

Nutrients (% of daily need)

Calories: 305.93kcal (15.3%), Fat: 16.17g (24.88%), Saturated Fat: 4.69g (29.29%), Carbohydrates: 37.18g (12.39%), Net Carbohydrates: 32.24g (11.73%), Sugar: 20.06g (22.29%), Cholesterol: 0mg (0%), Sodium: 122.76mg (5.34%), Alcohol: 0.23g (100%), Alcohol %: 0.31% (100%), Protein: 7.45g (14.89%), Manganese: 0.67mg (33.36%), Folate: 91.37µg (22.84%), Fiber: 4.94g (19.74%), Iron: 2.87mg (15.95%), Copper: 0.29mg (14.55%), Magnesium: 53.76mg (13.44%), Vitamin E: 1.65mg (11.03%), Vitamin B1: 0.16mg (10.54%), Phosphorus: 103.16mg (10.32%), Potassium: 327.79mg (9.37%), Zinc: 1.09mg (7.26%), Vitamin K: 7.53µg (7.17%), Calcium: 60.23mg (6.02%), Vitamin B6: 0.12mg (5.83%), Vitamin A: 188.57IU (3.77%), Selenium: 2.3µg (3.29%), Vitamin B5: 0.24mg (2.39%), Vitamin B2: 0.04mg (2.23%), Vitamin B3: 0.4mg (1.99%)