



Vegan Hermit Cookies



Gluten Free



Dairy Free

READY IN



44 min.

SERVINGS



52

CALORIES



72 kcal

DESSERT

Ingredients

- ☐ 1 Teaspoon allspice powder
- ☐ 0.5 cup vanilla almond milk
- ☐ 1 Teaspoon baking soda
- ☐ 2 cups brown sugar
- ☐ 1 Teaspoon cinnamon
- ☐ 0.5 cup dates diced
- ☐ 1 Tablespoon flax seed meal
- ☐ 2 Tablespoons juice of lemon

- ☐ 0.5 cup butter soft (I Used Becel Vegan Spread)
- ☐ 1 cup nuts chopped (I Used Walnuts)
- ☐ 0.5 cup raisins
- ☐ 0.3 Teaspoon salt
- ☐ 2 Tablespoons water

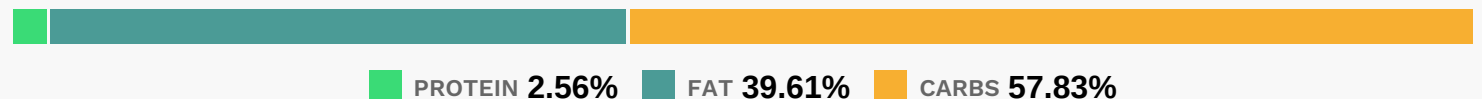
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ spatula

Directions

- ☐ Preheat oven to 375F/190C for 15 minutes. Lightly grease the cookie sheet. Stir together the almond milk and lemon juice; let sit 5 minutes so it curdles. Cream margarine and sugar for about 5–6 minutes. In a large bowl mix together the flax seed meal, flour, baking powder, baking soda, spices and salt; set aside. To the creamed sugar mixture; add the flour mix and curdled milk alternately mixing together with a spatula. I added about 2 tablespoons water to the dough to get the desired consistency.
- ☐ Add the nuts and dried fruits.
- ☐ Mix well. Drop by tablespoon on the prepared cookie sheet.
- ☐ Bake for about 12–15 minutes. I took out mine in 14 minutes.

Nutrition Facts



Properties

Glycemic Index:3.52, Glycemic Load:1.12, Inflammation Score:-1, Nutrition Score:1.0139130532094%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 72.05kcal (3.6%), Fat: 3.33g (5.12%), Saturated Fat: 0.51g (3.2%), Carbohydrates: 10.93g (3.64%), Net Carbohydrates: 10.5g (3.82%), Sugar: 9.18g (10.2%), Cholesterol: 0mg (0%), Sodium: 58.88mg (2.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.48g (0.97%), Manganese: 0.1mg (5.05%), Copper: 0.05mg (2.45%), Fiber: 0.43g (1.73%), Vitamin A: 79.02IU (1.58%), Magnesium: 6.05mg (1.51%), Calcium: 14.75mg (1.48%), Potassium: 45.13mg (1.29%), Phosphorus: 11.53mg (1.15%), Vitamin B6: 0.02mg (1.09%), Iron: 0.19mg (1.06%)