



WHATSheATE



# Vegan Peanut Butter and Coconut Cookies



Vegetarian



Vegan



Dairy Free

READY IN



20 min.

SERVINGS



20

CALORIES



196 kcal

DESSERT

## Ingredients

- ☐ 50 ml apple sauce
- ☐ 1 tsp bicarbonate of soda
- ☐ 185 g brown sugar
- ☐ 120 g coconut oil
- ☐ 250 g peanut butter
- ☐ 188 g flour plain
- ☐ 1 tsp vanilla extract

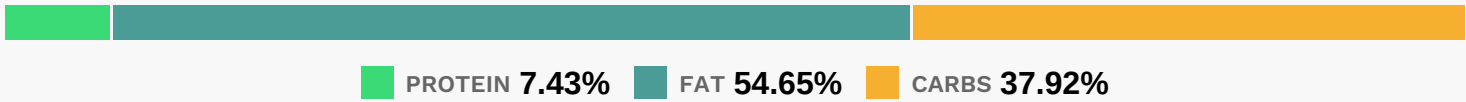
## Equipment

☐ oven

## Directions

- ☐ Preheat your oven to 375f/190c/170c fan/gas mark 5.
- ☐ Mix together all the ingredients. Yes, it's as easy as that! No creaming anything first!
- ☐ Roll the mixture into balls and pop onto two lined baking trays.
- ☐ Press each cookie ball with a fork to make the distinctive pattern.
- ☐ Bake for 8 – 10 minutes until golden.notes: Don't panic if these are really soft when they come out of the oven, they take longer to cool down and firm up than a cookie made with butter.

## Nutrition Facts



## Properties

Glycemic Index:5.55, Glycemic Load:5.51, Inflammation Score:-2, Nutrition Score:3.8652173860565%

## Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

## Nutrients (% of daily need)

Calories: 195.66kcal (9.78%), Fat: 12.43g (19.12%), Saturated Fat: 6.23g (38.92%), Carbohydrates: 19.4g (6.47%), Net Carbohydrates: 18.52g (6.73%), Sugar: 10.58g (11.75%), Cholesterol: 0mg (0%), Sodium: 119.4mg (5.19%), Alcohol: 0.07g (100%), Alcohol %: 0.23% (100%), Protein: 3.8g (7.6%), Manganese: 0.25mg (12.72%), Vitamin B3: 2.23mg (11.15%), Vitamin E: 1.16mg (7.7%), Folate: 28.12µg (7.03%), Vitamin B1: 0.09mg (6.12%), Magnesium: 24.13mg (6.03%), Selenium: 3.82µg (5.45%), Phosphorus: 53.04mg (5.3%), Vitamin B2: 0.07mg (4.19%), Iron: 0.73mg (4.04%), Copper: 0.07mg (3.56%), Fiber: 0.88g (3.53%), Vitamin B6: 0.06mg (3.21%), Potassium: 95.08mg (2.72%), Zinc: 0.39mg (2.59%), Vitamin B5: 0.19mg (1.87%), Calcium: 15.4mg (1.54%)