



Vegan "Turtle" Oatmeal Cookies

 Gluten Free  Dairy Free

READY IN



32 min.

SERVINGS



16

CALORIES



162 kcal

DESSERT

Ingredients

- 2 tablespoons vanilla almond milk
- 1 teaspoon baking soda
- 0.5 cup brown sugar
- 0.5 teaspoon cinnamon
- 3.5 tablespoons coconut oil
- 0.3 cup chocolate chips dark mini (I use Enjoy Life brand)
- 0.3 cup dates diced pitted
- 0.5 teaspoon sea salt fine

- 0.8 cup flour gluten-free all-purpose (I used Pamela's brand, see note)
- 0.5 cup maple syrup pure
- 2 cups rolled oats gluten-free divided
- 2 teaspoons vanilla extract pure

Equipment

- food processor
- bowl
- baking sheet
- baking paper
- oven
- wire rack

Directions

- Preheat oven to 325F and line a baking sheet with parchment paper. Toast pecans for about 9–11 minutes, until golden and fragrant. After toasting, remove from oven and cool for a few minutes.
- Add pecans into food processor along with 1 cup of oats and process until coarsely chopped with some fine powder (see photo in blog post). Be sure not to over process or the oils in the nuts will release. In a large bowl, stir the pecan/oat mixture, the remaining 1 cup rolled oats, flour, Sucanat, baking soda, cinnamon, and salt. In a medium bowl, stir together the maple syrup, melted coconut oil, milk, and vanilla.
- Pour the wet mixture on the dry ingredients and stir until combined. In a small bowl, coat the chopped dates in 1/2–1 teaspoon of flour and toss until coated. This prevents the dates from sticking together. Fold the dates and chocolate chips into the dough. Take about 2 tablespoons of dough, roll it into a ball, and then press down on it with your hand to flatten it on the baking sheet. Space cookies a couple inches apart. Repeat until you have about 16 cookies.
- Bake for 12–13 minutes at 350F until the cookies are golden brown on the bottom.
- Remove from oven and let sit on baking sheet for 3–4 mins before placing cookies onto a cooling rack for 15 minutes.

Nutrition Facts

PROTEIN 5.38% FAT 26.03% CARBS 68.59%

Properties

Glycemic Index:9.72, Glycemic Load:5.88, Inflammation Score:-1, Nutrition Score:3.9134782469305%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 161.64kcal (8.08%), Fat: 4.81g (7.39%), Saturated Fat: 3.46g (21.6%), Carbohydrates: 28.49g (9.5%), Net Carbohydrates: 26.5g (9.64%), Sugar: 15.96g (17.73%), Cholesterol: 0.03mg (0.01%), Sodium: 150.07mg (6.52%), Alcohol: 0.17g (100%), Alcohol %: 0.48% (100%), Protein: 2.24g (4.47%), Manganese: 0.63mg (31.4%), Vitamin B2: 0.15mg (8.88%), Fiber: 1.99g (7.95%), Magnesium: 19.15mg (4.79%), Phosphorus: 47.34mg (4.73%), Selenium: 3.25µg (4.65%), Iron: 0.77mg (4.28%), Vitamin B1: 0.06mg (3.85%), Calcium: 38.42mg (3.84%), Zinc: 0.55mg (3.68%), Potassium: 107.39mg (3.07%), Copper: 0.05mg (2.75%), Vitamin B5: 0.16mg (1.62%), Folate: 4.49µg (1.12%), Vitamin B6: 0.02mg (1.09%)