



Vegan Whole Wheat, Oatmeal, Chocolate Chip Cookies

 Dairy Free

READY IN



42 min.

SERVINGS



30

CALORIES



592 kcal

DESSERT

Ingredients

- ☐ 30 servings flour – all purpose flour whole wheat
- ☐ 0.3 cup almond butter
- ☐ 30 servings almond butter – peanut butter
- ☐ 0.5 teaspoon baking soda
- ☐ 1 cup brown sugar
- ☐ 30 servings brown sugar – sugar white
- ☐ 0.3 cup vegan butter substitute softened

- ☐ 0.3 cup coconut oil melted
- ☐ 30 servings solidified coconut oil
- ☐ 30 servings coconut oil – any other flavor oil neutral
- ☐ 0.3 cup cranberries dried
- ☐ 1 tablespoon ener-g egg replacer (What is ener-g?)
- ☐ 30 servings add ins – any fruit dried
- ☐ 0.3 cup pistachios chopped
- ☐ 0.5 cup cooking oats quick
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon vanilla extract
- ☐ 0.5 cup vegan chocolate chips
- ☐ 5 tablespoons water
- ☐ 1.5 cups flour whole wheat

Equipment

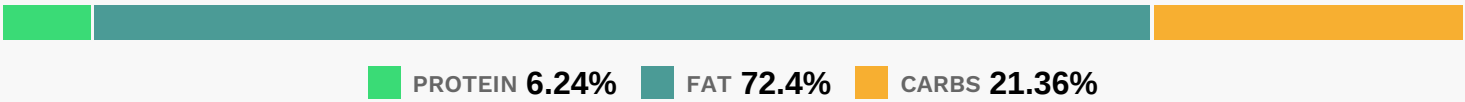
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ wire rack

Directions

- ☐ Preheat oven to 350F/180C for 15 minutes. Beat together the egg replacer powder and water; set aside. In a medium bowl stir together the dry ingredients. In a large bowl beat together the brown sugar, vegan butter substitute and oil. Once it is smooth add the almond butter, ener-g mix and vanilla extract and beat well. Fold in the flour mix and combine well. Stir in the chocolate chips, cranberries and pistachios. Scoop out 1 tablespoonful of dough for each cookie and place it on a baking sheet 2 inches apart. Flatten the dough lightly with fingers.
- ☐ Bake for 12–14 minutes, or until cookies are golden brown and dry on top.
- ☐ Remove the cookie sheet out of the oven and leave the cookies on it for another 5 minutes before transferring to a wire rack to cool completely. Store the cookies in an air tight

container.

Nutrition Facts



Properties

Glycemic Index:7.93, Glycemic Load:5.53, Inflammation Score:-4, Nutrition Score:10.370869672088%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 591.56kcal (29.58%), Fat: 50.66g (77.95%), Saturated Fat: 29.13g (182.04%), Carbohydrates: 33.63g (11.21%), Net Carbohydrates: 30.55g (11.11%), Sugar: 17.32g (19.24%), Cholesterol: 0mg (0%), Sodium: 216.15mg (9.4%), Alcohol: 0.05g (100%), Alcohol %: 0.06% (100%), Protein: 9.83g (19.66%), Manganese: 0.89mg (44.47%), Vitamin B3: 5.11mg (25.53%), Vitamin E: 3.61mg (24.08%), Magnesium: 75.81mg (18.95%), Phosphorus: 160.77mg (16.08%), Fiber: 3.08g (12.33%), Selenium: 8.29µg (11.84%), Folate: 46.08µg (11.52%), Copper: 0.21mg (10.7%), Vitamin B1: 0.15mg (10.04%), Vitamin B6: 0.2mg (9.8%), Iron: 1.61mg (8.94%), Zinc: 1.17mg (7.78%), Vitamin B2: 0.13mg (7.76%), Potassium: 260.64mg (7.45%), Calcium: 47.04mg (4.7%), Vitamin B5: 0.45mg (4.49%), Vitamin A: 72.48IU (1.45%)