



Wholesome Chocolate Chip Bars



Dairy Free



Popular

READY IN



40 min.

SERVINGS



12

CALORIES



184 kcal

SIDE DISH

Ingredients

- ☐ 0.8 teaspoon double-acting baking powder ()
- ☐ 0.5 teaspoon baking soda
- ☐ 0.3 cup coconut oil melted (can sub grapeseed, canola, or rice bran oil)
- ☐ 0.3 cup coconut sugar (can sub brown sugar)
- ☐ 0.3 cup so delicious dairy free coconut milk yogurt plain room temperature
- ☐ 0.8 cup dairy-free chocolate chips
- ☐ 0.3 cup maple syrup
- ☐ 0.4 teaspoon salt

- ☐ 1.5 teaspoons vanilla extract
- ☐ 1.3 cups white-wheat flour whole (see flour notes in post above)

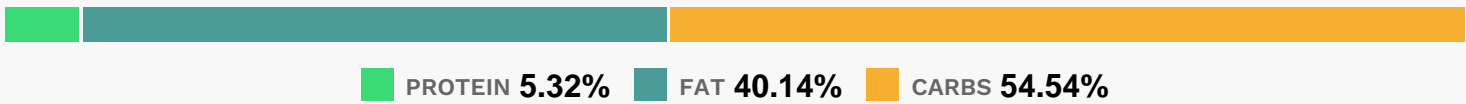
Equipment

- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ baking pan
- ☐ spatula

Directions

- ☐ Preheat your oven to 350°F and grease and flour an 8×8-inch baking dish, or line it with parchment paper.If using coconut sugar, grind it into a powder with your spice grinder – this is optional, but helps!Stir together the flour, sugar, baking powder, baking soda, and salt in a small bowl.In a mixing bowl, whisk together the maple, oil, dairy-free yogurt, and vanilla.
- ☐ Add the dry to the wet, and stir until well-combined. Stir in the chocolate chips.
- ☐ Spread the batter/dough (it will be thick) into your prepared baking pan with a spatula or damp hands, if needed.
- ☐ Bake for 30 minutes, or until lightly golden and beginning to pull away from the edges.
- ☐ Let cool completely before cutting.

Nutrition Facts



Properties

Glycemic Index:13.49, Glycemic Load:2.31, Inflammation Score:-1, Nutrition Score:2.5426087099249%

Nutrients (% of daily need)

Calories: 183.71kcal (9.19%), Fat: 8.62g (13.27%), Saturated Fat: 3.17g (19.81%), Carbohydrates: 26.37g (8.79%), Net Carbohydrates: 24.35g (8.85%), Sugar: 15.27g (16.97%), Cholesterol: 0mg (0%), Sodium: 149.36mg (6.49%),

Alcohol: 0.17g (100%), Alcohol %: 0.46% (100%), Protein: 2.57g (5.14%), Vitamin E: 1.59mg (10.61%), Manganese: 0.21mg (10.5%), Fiber: 2.03g (8.1%), Vitamin B2: 0.12mg (7.29%), Iron: 1.2mg (6.67%), Calcium: 58.19mg (5.82%), Potassium: 47.71mg (1.36%), Vitamin K: 1.12µg (1.07%)