

Healthy Chewy Chocolate Chip Cookies

Finding ways to make sweets with whole foods and quality ingredients is one of my favorite things to do. These chewy cookies are for EVERYONE; dairy free for those who are lactose intolerant, gluten free for those with Celiac, and vegan for those who follow a vegan regime. I know what you're thinking- probably taste like cardboard. Think again! Chewy. Chocolatey. DELISH.

Ingredients:

2 cups	Oat flour (for those who eat gluten, you can use spelt or all-purpose)
1 tsp	Baking soda
½ tsp	Salt
1 cup	Coconut palm sugar (you can also use unrefined sugar)
½ cup	Almond milk, unsweetened
1 tsp	Vanilla extract
4 tbsps	Oil of choice
1/3 cup	Chocolate chips (use Vegan chocolate chips for dairy free and Vegan)

Directions:

1. Preheat oven to 325 degrees F.
2. Whisk together dry ingredients (flour, baking soda, salt, and sugar)
3. Add in wet ingredients (milk, vanilla extract, oil). Mix until a dough is formed.
4. Fold in the chocolate chips. Chill dough by placing in the freezer for 15-20 minutes.
5. Grease a baking sheet. Roll 24 balls and space evenly on the baking sheet, giving a little room between each ball.
6. Bake for 10 minutes. When you take them out, they will look underdone; that's okay. Take a fork and press down each cookie until slightly flattened.
7. Let cool for 10 minutes, which will allow the cookies to firm up.

Servings: 24 cookies
Serving size: 1 cookie

Healthy Chewy Chocolate Chip Cookies		
Nutrition Facts		
Serving Size: 1 Cookie		
Amount Per Serving		% Daily Value*
Calories	101.9 kcal	5 %
Total Fat	3.5 g	5 %
Saturated Fat	0.9 g	5 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	119.7 mg	5 %
Total Carbohydrate	16.8 g	6 %
Dietary Fiber	1.2 g	5 %
Sugars	9.7 g	
Protein	1.6 g	3 %
Vitamin A	0 %	Vitamin C 4 %
Calcium	2 %	Iron 4 %

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Full Info at cronometer.com </>