

## M&M 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 have a dairy free and Vegan option, gluten free for those with Celiac, and made with whole grains. A perfect sweet treat for the whole family. 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 tbsp	Oil of choice
1/3 cup	Mini M&Ms (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 Mini M&Ms. 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*
<b>Calories</b>	101.9 kcal	5 %
<b>Total Fat</b>	3.5 g	5 %
Saturated Fat	0.9 g	5 %
Trans Fat	0 g	
<b>Cholesterol</b>	0 mg	0 %
<b>Sodium</b>	119.7 mg	5 %
<b>Total Carbohydrate</b>	16.8 g	6 %
Dietary Fiber	1.2 g	5 %
Sugars	9.7 g	
<b>Protein</b>	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](http://cronometer.com)