

VEGAN PUMPKIN CHIP COOKIES

15 portions

INGREDIENTS

- 1/2 tsp of leavening agents, baking soda [2 g]
- 1.25 tsps of spices, pumpkin pie spice [2 g]
- 128 grams of red Mill Almond Flour
- 32 grams of simple Truth Organic Maple Syrup
- 87 grams of libby's Pumpkin Pie Mix, Canned
- 96 grams of enjoy Life Mini Semi-Sweet Chocolate Chips
- 32 grams of red Mill Coconut Flour
- 64 grams of simple Truth Coconut Sugar
- 1/4 cup of oil, coconut [55 g]
- 1.5 tsps of vanilla extract [6 g]
- 1/4 tsp of salt, table [2 g]
- 32 grams of arrowroot Starch
- 7 grams of red Mill Ground Flaxseed Meal

COOKING METHOD

- 1° Preheat the oven to 350 degrees. Mix the 1 tbsp. of ground flaxseed meal with 3 tbsp. of water and chill in the fridge for 10-12 minuets. This mixture thickens and becomes an "egg" of sorts, helping to keep the recipe vegan!
- 2° Whisk the wet ingredients together in a large mixing bowl
- 3° Combine the dry ingredients (except chocolate chips) in a different mixing bowl
- 4° Add the dry ingredients to the wet and stir in chocolate chips
- 5° Line a baking pan with parchment paper and place 1-1 1/2 tablespoon-sized dough balls on top.
- 6° Bake cookies for 13-14 minuets in the oven!

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION [36 g]	% DRI
ENERGY	407 kcal	148 kcal	7 %
FAT	22 g	8 g	12 %
FATTY ACIDS, TOTAL SATURATED	8 g	3 g	15 %
CHOLESTEROL	0 mg	0 mg	0 %
SODIUM	257 mg	93 mg	4 %
CARBOHYDRATE	48 g	17 g	6 %
SUGARS	23 g	8 g	—
FIBER	2 g	1 g	4 %
PROTEIN	5 g	2 g	—