

Chocolate Chip Cookies

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Yield: 30 cookies Serving Size: 2 cookies

| Ingredients | Quantity | Measure |
|------------------------------|----------|-------------|
| Non-dairy margarine | 6 | ounces |
| Sugar, granulated | ½ | cup |
| Brown sugar | ¾ | cup |
| Applesauce, unsweetened | ¼ | cup |
| Karo syrup, white corn syrup | 2 | teaspoons |
| Vanilla extract | 1 | teaspoon |
| Flax seed, ground | 1 | tablespoon |
| Water, warm | 3 | tablespoons |
| All-purpose flour | 2 | cups |
| Salt | ¼ | teaspoon |
| Baking soda | 1 | teaspoon |
| Non-dairy chocolate chips | 12 | ounces |
| Optional: toasted pecans | 1 | cup |

Preparation

1. Cream margarine, granulated sugar, brown sugar, applesauce, vanilla extract and cornsyrup.
2. Mix flax seed with warm water, blend with margarine and sugar mixture.
3. Add all-purpose flour, salt and baking soda to flax seed and sugar mixture, mix until all dry ingredients are wet.
4. Stir in chocolate chips and nuts (if desired).
5. Bake at 375 degrees Fahrenheit for 8-10 minutes or until golden brown.

Nutrition Information per serving *From USDA Nutrient Database

Two cookies, no pecans

Calories: 335 Total Fat: 16.5g Saturated Fat: 7g Trans Fat: 0g Monounsaturated Fat: 5g Polyunsaturated Fat: 1.2g Carbohydrate: 45g Fiber: 2.3g Total Sugars: 30g Protein: 2.7g Sodium: 230mg Vitamin A: 117mg Vitamin C: 0.4mg Calcium: 18mg Iron: 0.7mg Folate: 0mcg

Two cookies with pecans

Calories: 385 Total Fat: 22g Saturated Fat: 7.6g Trans Fat: 0g Monounsaturated Fat: 8.3g Polyunsaturated Fat: 2.7g Carbohydrate: 46g Fiber: 3g Total Sugars: 30g Protein: 3.4g Sodium: 230mg Vitamin A: 117mg Vitamin C: 0.5mg Calcium: 23mg Iron: 1mg Folate: 2mcg

