Ingredients

* 1/4 cup Organic Coconut oil
* 2/3 cups 100% premium organic raw cacao powder - Rich Dark Chocolate
* 4 tablespoons organic raw honey (add more if you like a sweeter taste)
* 1/2 teaspoon organic vanilla extract
* 1/8 teaspoon Organic sea salt

Directions

Combine all the ingredients in a small bowl and stir until well mixed and smooth. You can pour the chocolate into candy molds to make chocolate candy or you can pour the chocolate onto parchment paper and make bars. Freeze until hardened - about 30 minutes. Store the chocolate in the fridge.

## Directions

* Prep

10 m

* Ready In

1 h 10 m

1. Gently melt coconut oil in a saucepan over medium-low heat. Stir cocoa powder, honey, and vanilla extract into melted oil until well blended. Pour mixture into a candy mold or pliable tray. Refrigerate until chilled, about 1 hour.

#### **Footnotes**

* *Cook's Notes:*
* Flavor by adding orange zest, peanut butter, dried coconut, chopped nuts, cinnamon, cayenne pepper, etc. to taste and consistency desired. Add after melting coconut oil, cocoa powder, honey, and vanilla together.
* Maple syrup can be used in place of honey.
* Number of servings depends on thickness of mold(s) used, as does set up time.
* Not recommended for baking. Must be kept refrigerated.
* *Tip*
* Aluminum foil can be used to keep food moist, cook it evenly, and make clean-up easier.

**HEALTHY PEANUT BUTTER COOKIES**

**COOK TIME** 25 mins

**TOTAL TIME** 25 mins

Healthy Peanut Butter Cookies. By Davida @ The Healthy Maven

**INGREDIENTS**

* 1 cup [natural, smooth, organic peanut butter](javascript:void(0);) (it should be smooth and drippy)
* 1/2 cup [coconut sugar](javascript:void(0);)
* 1 large organic egg

**INSTRUCTIONS**

1. Preheat oven to 350 degrees F.
2. Combine all ingredients in a large bowl.
3. Line a baking sheet with parchment or a silicone mat.
4. Roll dough into 12 balls and flatten lightly with the palm of your hand.
5. Using a fork, score cookies in opposite directions while flatten slightly more.
6. Bake for 12 minutes.
7. Remove cookies from oven and let sit on baking sheet for at least 10 minutes before removing and either serving or storing.

**NOTES**

\*I love freezing these and eating them cold out of the freezer, but I'm weird like that!

|  |  |  |
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| **The Ultimate Healthy Soft & Chewy Peanut Butter Cookies** |  | [Print](https://amyshealthybaking.com/easyrecipe-print/12621-0/" \t "_blank) |

Yields: 24 cookies

*These easy and healthy cookies taste just as indulgent as traditional recipes for classic peanut butter cookies! They’ll stay soft and chewy for an entire week if stored in an airtight container—if they last that long!*

* 2 cups (240g) [white whole wheat](https://aax-us-east.amazon-adsystem.com/x/c/QqObSpTg77id_Ra8Mw7TW7oAAAFgV_jtawEAAAFKAcSewPY/http:/www.amazon.com/King-Arthur-Flour-White-Wheat/dp/B004T34EFQ/ref=as_at/?creativeASIN=B004T34EFQ&imprToken=h5jRuvr48i8jDhpG--9SIw&slotNum=0&s=grocery&ie=UTF8&qid=1462507477&sr=1-2&keywords=white+whole+wheat+flour&linkCode=w61&tag=amysheabak-20&linkId=2016115d4a9170d653d9e1602f2e1cf1) or gluten-free\* flour (measured [like this](https://amyshealthybaking.com/blog/2013/09/17/baking-basics-101/))
* 1 ½ tsp (4g) baking powder
* ¼ tsp (2g) salt
* 1 tbsp (14g) unsalted butter or coconut oil, melted and cooled slightly
* 2 large egg whites, room temperature
* 2 tsp (10mL) vanilla extract
* 9 tbsp (144g) [homemade creamy peanut butter](https://amyshealthybaking.com/blog/2015/06/07/easy-blender-peanut-butter/)
* 1 cup (192g) [coconut sugar](https://aax-us-east.amazon-adsystem.com/x/c/QqObSpTg77id_Ra8Mw7TW7oAAAFgV_jtawEAAAFKAcSewPY/http:/www.amazon.com/Madhava-Organic-Coconut-Sugar-16-Ounce/dp/B005HGOIQ4/ref=as_at/?creativeASIN=B005HGOIQ4&imprToken=h5jRuvr48i8jDhpG--9SIw&slotNum=1&s=grocery&ie=UTF8&qid=1463460493&sr=1-10&keywords=coconut+sugar&linkCode=w61&tag=amysheabak-20&linkId=658bd138d8a68e6ac99a570241eda026) or brown sugar

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1. Preheat the oven to 350°F, and line two baking sheets with [parchment paper](https://aax-us-east.amazon-adsystem.com/x/c/QqObSpTg77id_Ra8Mw7TW7oAAAFgV_jtawEAAAFKAcSewPY/http:/www.amazon.com/gp/product/B006JCWGIC/ref=as_at/?imprToken=h5jRuvr48i8jDhpG--9SIw&slotNum=2&ie=UTF8&camp=1789&creative=390957&creativeASIN=B006JCWGIC&linkCode=w61&tag=amysheabak-20&linkId=VVIAXOEBRXSY4JNJ) or [silicone baking mats](https://aax-us-east.amazon-adsystem.com/x/c/QqObSpTg77id_Ra8Mw7TW7oAAAFgV_jtawEAAAFKAcSewPY/http:/www.amazon.com/gp/product/B00008T960/ref=as_at/?imprToken=h5jRuvr48i8jDhpG--9SIw&slotNum=3&ie=UTF8&camp=1789&creative=390957&creativeASIN=B00008T960&linkCode=w61&tag=amysheabak-20&linkId=6XQ3JMXD2VXHTLG3).
2. In a medium bowl, whisk together the flour, baking powder, and salt. In a separate bowl, whisk together the butter, egg whites, and vanilla. Stir in the peanut butter until completely incorporated. Stir in the sugar. Add in the flour mixture, stirring just until incorporated.
3. Roll the dough into 24 balls, and place onto the prepared baking sheets. Flatten to the desired thickness and width. Bake at 350°F for 9-11 minutes. Cool on the baking sheets for 10 minutes before turning out onto a wire rack.

**Notes:** For the gluten-free flour, I recommend the following: ½ cup (60g) [millet flour](https://aax-us-east.amazon-adsystem.com/x/c/QqObSpTg77id_Ra8Mw7TW7oAAAFgV_jtawEAAAFKAcSewPY/https:/www.amazon.com/Bobs-Red-Mill-Millet-23-Ounce/dp/B004VLV9OU/ref=as_at/?creativeASIN=B004VLV9OU&imprToken=h5jRuvr48i8jDhpG--9SIw&slotNum=4&s=grocery&ie=UTF8&qid=1475373006&sr=1-1&keywords=millet+flour&th=1&linkCode=w61&tag=amysheabak-20&linkId=cddc6fa85b7ee51ad4e5cdbfc0698581), ½ cup (60g) [tapioca flour](https://aax-us-east.amazon-adsystem.com/x/c/QqObSpTg77id_Ra8Mw7TW7oAAAFgV_jtawEAAAFKAcSewPY/https:/www.amazon.com/Bobs-Red-Mill-Tapioca-Flour/dp/B000WLHOY2/ref=as_at/?creativeASIN=B000WLHOY2&imprToken=h5jRuvr48i8jDhpG--9SIw&slotNum=5&s=grocery&ie=UTF8&qid=1475373065&sr=1-2&keywords=tapioca+flour&th=1&linkCode=w61&tag=amysheabak-20&linkId=aa13cd5b2917dd08a441ca0c2f0c85b0), 6 tablespoons (42g) [coconut flour](https://aax-us-east.amazon-adsystem.com/x/c/QqObSpTg77id_Ra8Mw7TW7oAAAFgV_jtawEAAAFKAcSewPY/http:/www.amazon.com/Bobs-Red-Mill-Coconut-Organic/dp/B000YF99GM/ref=as_at/?creativeASIN=B000YF99GM&imprToken=h5jRuvr48i8jDhpG--9SIw&slotNum=6&ie=UTF8&keywords=coconut%20flour&qid=1465363306&ref_=sr_1_4_s_it&refinements=p_85%3A2470955011&s=grocery&sr=1-4&linkCode=w61&tag=amysheabak-20&linkId=d14df5d3e4034b25e1976598e3d43dc5), and 1 ½ teaspoons (5g) [xanthan gum](https://aax-us-east.amazon-adsystem.com/x/c/QqObSpTg77id_Ra8Mw7TW7oAAAFgV_jtawEAAAFKAcSewPY/https:/www.amazon.com/Bobs-Red-Mill-Xanthan-8-ounce/dp/B0013JJZWG/ref=as_at/?creativeASIN=B0013JJZWG&imprToken=h5jRuvr48i8jDhpG--9SIw&slotNum=7&s=grocery&ie=UTF8&qid=1468557793&sr=1-1&ppw=fresh&keywords=xanthan+gum&refinements=p_89:Bob%27s+Red+Mill&linkCode=w61&tag=amysheabak-20&linkId=e0a9b60587f34f8f9d419c7c55c53804)Let the cookie dough rest for 10 minutes after Step 2 to allow the coconut flour to absorb the moisture in the cookie dough. Most store-bought gluten-free flour blends will also work, if measured [like this](https://amyshealthybaking.com/blog/2013/09/17/baking-basics-101/).  
  
[Whole wheat pastry flour](https://aax-us-east.amazon-adsystem.com/x/c/QqObSpTg77id_Ra8Mw7TW7oAAAFgV_jtawEAAAFKAcSewPY/http:/www.amazon.com/Bobs-Red-Mill-Pastry-Flour/dp/B0043348LW/ref=as_at/?creativeASIN=B0043348LW&imprToken=h5jRuvr48i8jDhpG--9SIw&slotNum=8&s=grocery&ie=UTF8&qid=1462507493&sr=1-2&keywords=whole+wheat+pastry+flour&linkCode=w61&tag=amysheabak-20&linkId=07df505ae556cdbb8bb30a5f776594ac), regular whole wheat flour, and all-purpose flour may be substituted for the white whole wheat flour.  
  
I highly recommend using my [easy homemade creamy peanut butter recipe](https://amyshealthybaking.com/blog/2015/06/07/easy-blender-peanut-butter/). (It only takes 5 minutes to make!) This recipe works best with natural-style peanut butter made with just peanuts and salt. It will also work with [Skippy Natural creamy peanut butter](https://aax-us-east.amazon-adsystem.com/x/c/QqObSpTg77id_Ra8Mw7TW7oAAAFgV_jtawEAAAFKAcSewPY/http:/www.amazon.com/gp/product/B003ZWI61U/ref=as_at/?imprToken=h5jRuvr48i8jDhpG--9SIw&slotNum=9&ie=UTF8&camp=1789&creative=390957&creativeASIN=B003ZWI61U&linkCode=w61&tag=amysheabak-20&linkId=3DDKXCB746UREMJI). Do not use crunchy peanut butter; the cookies won't turn out.  
  
[Coconut sugar](https://aax-us-east.amazon-adsystem.com/x/c/QqObSpTg77id_Ra8Mw7TW7oAAAFgV_jtawEAAAFKAcSewPY/http:/www.amazon.com/Madhava-Organic-Coconut-Sugar-16-Ounce/dp/B005HGOIQ4/ref=as_at/?creativeASIN=B005HGOIQ4&imprToken=h5jRuvr48i8jDhpG--9SIw&slotNum=10&s=grocery&ie=UTF8&qid=1463460493&sr=1-10&keywords=coconut+sugar&linkCode=w61&tag=amysheabak-20&linkId=658bd138d8a68e6ac99a570241eda026) is clean eating friendly, while brown sugar is not.  
  
The cookies barely spread at all during baking, so flatten them to the desired thickness and width before placing the baking sheets in the oven.  
  
The cookie dough should look crumbly when you first mix it up, but as long as you can roll it into balls without the balls falling apart, it's the right consistency! If your cookie dough is too dry to roll into balls, add milk one tablespoon at a time until the cookie dough holds together.  
  
*{gluten-free, clean eating, low fat}*

Healthy Chewy Ginger Molasses Cookies

**Preparation** 0:05

**Cook Time** 0:10

**Total Time** 0:15

**Serves** 12 cookies

Ingredients

* 1 flax egg (1 tablespoon flaxseed meal + 3 tablespoons water)
* 1/2 cup almond butter
* 1/3 cup coconut sugar
* 2 tablespoons molasses
* 1 teaspoon Simply Organic Vanilla Extract
* 1 teaspoon Simply Organic Ginger
* 1/4 teaspoon Simply Organic Allspice
* 1/4 teaspoon sea salt
* 1/4 teaspoon baking soda
* 3 tablespoons coconut flour
* Raw turbinado sugar for sprinkling (optional)

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Instructions

1. Preheat the oven to 350ºF. Line a baking sheet with parchment paper and set aside.
2. In a mixing bowl, combine the flax egg, almond butter, coconut sugar, molasses and vanilla. Beat with an electric mixer until smooth.
3. Add the spices, salt, baking soda and coconut flour and beat again until a sticky dough forms.
4. Using a small cookie scoop, drop the dough onto the baking sheet, spacing the cookies at least 2" apart. Repeat until all the dough has been used.
5. Gently flatten the cookies with your hands and sprinkle with sugar. Bake on the center rack for 11 minutes.
6. Remove from the oven and allow the cookies to cool for 10 minutes on the pan before transferring them to a wire rack to finish cooling.
7. Once cool, pack up and/or enjoy!

# Molasses Cookies (gluten-free, 100% whole wheat, dairy-free options)

* Prep Time: 10 min
* Cook Time: 9 min
* Ready in: 19 min
* Yield: 16 cookies

## Ingredients

* 2 cups (240 grams) whole spelt flour, whole wheat flour, white whole wheat flour, all-purpose flour or gluten-free flour for the gluten-free version[1](https://www.texanerin.com/molasses-cookies/#footnote-1)
* 1 1/2 teaspoons baking soda
* 1/2 teaspoon salt
* 1 teaspoon ground cinnamon
* 1/2 teaspoon ground cloves
* 1/2 teaspoon ground ginger
* 1/2 cup (100 grams) raw sugar, brown sugar or coconut sugar[2](https://www.texanerin.com/molasses-cookies/#footnote-2)
* 6 tablespoons (84 grams) coconut oil[3](https://www.texanerin.com/molasses-cookies/#footnote-3) or 6 tablespoons (89 milliliters) olive oil (other mild-tasting oils would work, too)
* 6 tablespoons (132 grams) molasses (I used blackstrap molasses)
* 1 large egg (50 grams, out of shell) or 1 chia egg for the vegan version
* 1-2 tablespoons orange zest, optional
* 3 tablespoons raw sugar, for rolling

## Directions

1. In a medium mixing bowl, mix together the flour, baking soda, salt, and spices.
2. In a large mixing bowl, mix together the remaining ingredients except for the 3 tablespoons raw sugar.
3. Add the dry mix to the wet mix and stir just until combined.
4. Depending on the combination of ingredients used, you may need to refrigerate the dough for 1-2 hours or until the dough is firm enough to easily roll into balls. If you used coconut sugar, you must refrigerate the dough (regardless of whether or not it's firm) for at least an hour. The ones pictured were made from non-refrigerated dough. If you refrigerate the dough, the cookies will be a little thicker.
5. Preheat the oven to 350 °F (175°C) and line a baking sheet with a piece of parchment paper.
6. Roll the dough into 40 gram balls (about 1 1/2"), roll them in the sugar, flatten them a little with the palm of your hand, and bake for 6-9 minutes.
7. Let the cookies cool for 3 minutes on the baking sheet and then remove to a wire rack to cool completely.
8. Store in an airtight container for up to 5 days.

## Notes

1. You can use your favorite gluten-free flour mixture that's a 1:1 substitute for regular all-purpose flour. I made my own, which was:
   * 188 grams white rice flour
   * 68 grams potato starch
   * 26 grams tapioca flour / starch
   * 3/4 teaspoon xanthan gum

Additional notes for the gluten-free version:

* + The dough will be quite wet. You'll need to refrigerate it for 1-2 hours or until firm enough to easily roll into balls.
  + The cookies won't crackle as much as the ones pictured (and may not crackle at all).
  + You do not need to press the cookies down with your palm. They appear to spread quite thin but then puff up.
  + My cookies were perfectly done at 7 1/2 minutes. Earlier than that and they were uncooked in the middles and any longer than that and they became cakey. All ovens are different so I recommend doing one test cookie to make sure 7 1/2 minutes is correct for your oven. The middle should no longer appear wet when they're ready.
  + When you take the cookies out of the oven, slide the piece of parchment paper (along with the cookies) onto the countertop so that they don't continue to bake. If they're firm enough to remove with a spatula, you could also just do that.
  + These don't taste 100% like the ones made with wheat. They have a slightly grainy texture that you sometimes get when you use rice flour. It's really noticeable when you eat them straight from the oven and much less noticeable once they've cooled.

1. If you use coconut sugar, please weigh it instead of using a 1/2 cup measurement. If you don't have a scale, then pack the 1/2 cup really tightly.
2. I used refined coconut oil, which doesn't have any coconut taste. If you use unrefined coconut oil, these may have some coconut taste to them.

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| **Chocolate Chip Snickerdoodles** |  | [Print](https://amyshealthybaking.com/easyrecipe-print/17528-0/" \t "_blank) |

Yields: 24 cookies

*These cookies are perfect for any chocoholic or cinnamon lover! The entire batch never lasts more than 24 hours at our house… But if you have any leftovers, they’ll stay fresh for at least a week if stored in an airtight container.*

* **for the cookies**
* 2 cups (240g) [white whole wheat flour](https://aax-us-east.amazon-adsystem.com/x/c/QqODMRULch4vWun9RTa5wZQAAAFgWAYEFQEAAAFKAaIg5J4/http:/www.amazon.com/King-Arthur-Flour-White-Wheat/dp/B004T34EFQ/ref=as_at/?creativeASIN=B004T34EFQ&imprToken=JsAhRJVA45bsYGNrvllYrg&slotNum=5&s=grocery&ie=UTF8&qid=1459745087&sr=1-2&keywords=white+whole+wheat+flour&refinements=p_89%3AKing+Arthur+Flour&linkCode=w61&tag=amysheabak-20&linkId=22524604176420a5ad2629e1e7905ee5) or gluten-free\* flour ([measured correctly](https://amyshealthybaking.com/blog/2013/09/17/baking-basics-101/))
* 2 tsp ground cinnamon
* 1 ½ tsp baking powder
* 1 tsp cornstarch
* ½ tsp salt
* 4 tbsp (56g) unsalted butter or coconut oil\*, melted and cooled slightly
* 2 large eggs, room temperature
* 1 tbsp vanilla extract
* 1 cup (192g) [coconut sugar](https://aax-us-east.amazon-adsystem.com/x/c/QqODMRULch4vWun9RTa5wZQAAAFgWAYEFQEAAAFKAaIg5J4/http:/www.amazon.com/Madhava-Organic-Coconut-Sugar-16-Ounce/dp/B00BWXBX6Y/ref=as_at/?creativeASIN=B00BWXBX6Y&imprToken=JsAhRJVA45bsYGNrvllYrg&slotNum=6&s=grocery&ie=UTF8&qid=1459743978&sr=1-3&keywords=coconut+sugar&refinements=p_89%3AMadhava&linkCode=w61&tag=amysheabak-20&linkId=a5bd330fd944b069574c6f7fc4cdadea)
* 5 tbsp (70g) [miniature chocolate chips](https://aax-us-east.amazon-adsystem.com/x/c/QqODMRULch4vWun9RTa5wZQAAAFgWAYEFQEAAAFKAaIg5J4/http:/www.amazon.com/Mini-Semi-Sweet-Chocolate-Baking-Chips/dp/B009NEH4WG/ref=as_at/?creativeASIN=B009NEH4WG&imprToken=JsAhRJVA45bsYGNrvllYrg&slotNum=7&s=grocery&ie=UTF8&qid=1459744007&sr=1-3&keywords=mini+chocolate+chips&refinements=p_89%3AGhirardelli&linkCode=w61&tag=amysheabak-20&linkId=936ba2a2febc18539655379d7b68c3c2), divided
* **for the coating**
* 6 tbsp (72g) [coconut sugar](https://aax-us-east.amazon-adsystem.com/x/c/QqODMRULch4vWun9RTa5wZQAAAFgWAYEFQEAAAFKAaIg5J4/http:/www.amazon.com/Madhava-Organic-Coconut-Sugar-16-Ounce/dp/B00BWXBX6Y/ref=as_at/?creativeASIN=B00BWXBX6Y&imprToken=JsAhRJVA45bsYGNrvllYrg&slotNum=8&s=grocery&ie=UTF8&qid=1459743978&sr=1-3&keywords=coconut+sugar&refinements=p_89%3AMadhava&linkCode=w61&tag=amysheabak-20&linkId=a5bd330fd944b069574c6f7fc4cdadea)
* 1 tsp cinnamon

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1. Preheat the oven to 350°F, and line two baking sheets with [silicone baking mats](https://aax-us-east.amazon-adsystem.com/x/c/QqODMRULch4vWun9RTa5wZQAAAFgWAYEFQEAAAFKAaIg5J4/http:/www.amazon.com/Silpat-AE420295-07-Premium-Non-Stick-Silicone/dp/B00008T960/ref=as_at/?creativeASIN=B00008T960&imprToken=JsAhRJVA45bsYGNrvllYrg&slotNum=9&s=home-garden&ie=UTF8&qid=1459744040&sr=1-11&keywords=silicone+baking+mat&linkCode=w61&tag=amysheabak-20&linkId=c2879af6c3f63daceea5b2c3c5f85b59) or [parchment paper](https://aax-us-east.amazon-adsystem.com/x/c/QqODMRULch4vWun9RTa5wZQAAAFgWAYEFQEAAAFKAaIg5J4/http:/www.amazon.com/Kirkland-Signature-Stick-Parchment-Paper/dp/B006JCWGIC/ref=as_at/?creativeASIN=B006JCWGIC&imprToken=JsAhRJVA45bsYGNrvllYrg&slotNum=10&s=home-garden&ie=UTF8&qid=1459744047&sr=1-4&keywords=parchment+paper&linkCode=w61&tag=amysheabak-20&linkId=01a20ba51675f5cfc79c0b21e503b0c6).
2. To prepare the cookies, whisk together the flour, cinnamon, baking powder, cornstarch, and salt in a medium bowl. Whisk together the butter, eggs, and vanilla in a separate bowl. Stir in the coconut sugar. Add in the flour mixture, stirring just until incorporated. Fold in 4 tablespoons of chocolate chips.
3. To prepare the coating, stir together the coconut sugar and cinnamon in a small bowl.
4. Roll the dough into 24 spheres, and place onto the prepared baking sheets. (If the dough is sticky, use a spoon and spatula to drop it into rounded scoops onto the baking sheets instead.) Working with one sphere at a time, drop it into the cinnamon mixture, and roll it around until it’s completely coated. Place the sphere back onto the baking sheet, and repeat with the remaining dough.
5. Flatten each sphere to about half of its original height, and gently press the remaining chocolate chips into the tops. Sprinkle the tops with a little more of the cinnamon mixture. Bake at 350°F for 10-12 minutes. Cool on the baking sheets for 10 minutes before transferring to a wire rack.

**Notes:** For the gluten-free flour, use as follows: ½ cup (60g) millet flour, ½ cup (60g) tapioca flour, 6 tablespoons (42g) coconut flour, and 1 ½ teaspoons xanthan gum. I cannot guarantee that any other gluten-free flour blend will work.  
  
Whole wheat pastry flour or all-purpose flour may be substituted for the white whole wheat flour. Regular whole wheat flour may be substituted in a pinch, but the cookies will have a more prominent “wheat-y” flavor.  
  
The cornstarch helps keep the cookies soft and chewy.  
  
I highly recommend using butter instead of coconut oil for the best taste!  
  
Brown sugar may be substituted for the coconut sugar in the cookies, and granulated sugar or [Truvia](https://amyshealthybaking.com/blog/2016/04/03/chocolate-chip-snickerdoodles/" \t "_blank) may be substituted for the coconut sugar in the coating. If either of these substitutions are used, the cookies will no longer be clean eating friendly.  
  
When rolling the cookie dough in the cinnamon sugar mixture, it sometimes doesn’t stick very well. As long as you sprinkle extra on the tops of the cookies just before baking, it’ll be fine.  
  
If the cookies stick to the silicone baking mat or parchment paper, carefully slide a knife underneath each cookie to loosen.  
  
*{gluten-free, clean eating, low fat, low calorie}*

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| **Fudgy Triple Chocolate Cookies** |  | [Print](https://amyshealthybaking.com/easyrecipe-print/16754-0/" \t "_blank) |

Yields: 24 cookies

*These chewy cookies are a chocoholic’s dream! Leftovers will stay fresh for at least one week if stored in an airtight container—if they last that long!*

* 1 ⅓ cups (160g) [white whole wheat flour](https://aax-us-east.amazon-adsystem.com/x/c/QielqWDaper-invreyTiJlwAAAFgWAljYwEAAAFKATMeVDM/http:/www.amazon.com/gp/product/B004T34EFQ/ref=as_at/?imprToken=MnM04p-iqxxaWLYC1s9ifg&slotNum=9&ie=UTF8&camp=1789&creative=390957&creativeASIN=B004T34EFQ&linkCode=w61&tag=amysheabak-20&linkId=WCYFE43XBBJF2HBW) ([measured like this](https://amyshealthybaking.com/blog/2013/09/17/baking-basics-101/))
* ⅔ cup (53g) [unsweetened cocoa powder](https://aax-us-east.amazon-adsystem.com/x/c/QielqWDaper-invreyTiJlwAAAFgWAljYwEAAAFKATMeVDM/http:/www.amazon.com/gp/product/B005CULYOY/ref=as_at/?imprToken=MnM04p-iqxxaWLYC1s9ifg&slotNum=10&ie=UTF8&camp=1789&creative=390957&creativeASIN=B005CULYOY&linkCode=w61&tag=amysheabak-20&linkId=3PZMOACV2B4FXDA7) ([measured like this](https://amyshealthybaking.com/blog/2013/09/17/baking-basics-101/))
* 1 tsp cornstarch
* 1 tsp baking powder
* ½ tsp salt
* 4 tbsp (56g) unsalted butter or coconut oil, melted and cooled slightly
* 2 large eggs, room temperature
* 2 tsp vanilla extract
* 1 cup (192g) [coconut sugar](https://aax-us-east.amazon-adsystem.com/x/c/QielqWDaper-invreyTiJlwAAAFgWAljYwEAAAFKATMeVDM/http:/www.amazon.com/gp/product/B005HGOIQ4/ref=as_at/?imprToken=MnM04p-iqxxaWLYC1s9ifg&slotNum=11&ie=UTF8&camp=1789&creative=390957&creativeASIN=B005HGOIQ4&linkCode=w61&tag=amysheabak-20&linkId=XAA5CUCEBUURWNDP)
* 4 tbsp (56g) [dark chocolate chips](https://aax-us-east.amazon-adsystem.com/x/c/QielqWDaper-invreyTiJlwAAAFgWAljYwEAAAFKATMeVDM/http:/www.amazon.com/gp/product/B006YDGIQC/ref=as_at/?imprToken=MnM04p-iqxxaWLYC1s9ifg&slotNum=12&ie=UTF8&camp=1789&creative=390957&creativeASIN=B006YDGIQC&linkCode=w61&tag=amysheabak-20&linkId=RYTGDSEOODCPB27J)
* 2 tbsp (28g) [miniature chocolate chips](https://aax-us-east.amazon-adsystem.com/x/c/QielqWDaper-invreyTiJlwAAAFgWAljYwEAAAFKATMeVDM/http:/www.amazon.com/gp/product/B003XSXXPK/ref=as_at/?imprToken=MnM04p-iqxxaWLYC1s9ifg&slotNum=13&ie=UTF8&camp=1789&creative=390957&creativeASIN=B003XSXXPK&linkCode=w61&tag=amysheabak-20&linkId=XMFQSMKUQNAOALPU), divided

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1. Preheat the oven to 350°F, and line two baking sheets with silicone baking mats or parchment paper.
2. In a medium bowl, whisk together the flour, cocoa powder, cornstarch, baking powder, and salt. In a separate bowl, whisk together the butter, eggs, and vanilla. Stir in the sugar. Add in the flour mixture, stirring just until incorporated. Fold in the dark chocolate chips and 1 tablespoon of miniature chocolate chips.
3. Using a spoon and spatula, drop the cookie dough into 24 rounded scoops onto the prepared baking sheets, and flatten to the desired thickness and width using a spatula. Gently press the remaining miniature chocolate chips into the tops. Bake at 350°F for 9-11 minutes. Cool on the baking sheets for 10 minutes before transferring to a wire rack.

**Notes:** Whole wheat pastry flour or all-purpose flour may be substituted for the whole wheat pastry flour. Regular whole wheat flour may be substituted in a pinch, but the cookies will have detectable “wheat-y” taste.  
  
Light brown sugar may be substituted for the coconut sugar.  
  
Semisweet chocolate chips may be substituted for the dark chocolate chips.  
  
*{clean eating, low fat, low calorie}*

The Healthiest Double Chocolate Cookies

Yields 16

Double Chocolate Cookies can be healthy and delicious at the same time. Find out for yourself by giving these a go!

Ingredients

1. 1 cup coconut sugar
2. 1/2 cup coconut oil
3. 1 large egg plus 1 large egg yolk
4. 1 teaspoon pure vanilla extract
5. 1/2 teaspoon salt
6. 1/2 teaspoon baking powder
7. 1/2 teaspoon baking soda
8. 1 3/4 cup gluten-free baking flour (I used Bob's Red Mill flour. You can also use buckwheat flour or any other gluten-free flour you prefer.)
9. 1/4 cup unsweetened cocoa powder
10. 1/2 cup (about 4-5) **medjool** **dates**, cut into pieces
11. 1 cup chocolate chunks

Instructions

1. Preheat oven to 325 degrees F. Line a baking sheet with parchment paper.
2. 1. In the bowl of your stand mixer, cream together coconut sugar and coconut oil until combined. Add egg, egg yolk, and vanilla and mix until incorporated.
3. 2. Stir in salt, baking powder, and baking soda. Once incorporated, add flour as well as cocoa powder and mix until combined.
4. 3. Remove bowl from the mixer and fold in dates and chocolate chunks.
5. Drop cookie dough by the spoonfuls onto the prepared baking sheet and place in the oven. Let bake for 8-10 minutes, remove from the oven and let cookies cool for 10 minutes on the baking sheet. Transfer cookies to wire racks to cool completely.

By Deliciously Yum!

**INGREDIENTS**

* 1 cup all purpose flour
* 1/3 cup unsweetened cocoa powder (I used Hershey's)
* 1/2 teaspoon baking soda
* 1/4 teaspoon salt
* 1/2 cup coconut oil, melted and cooled
* 3/4 cup dark brown sugar
* 1 egg
* 2 teaspoons vanilla extract
* 1 teaspoon **coffee**, optional
* 3/4 cup chocolate chips
* coarse **sea** **salt**, for sprinkling

**INSTRUCTIONS**

1. Preheat oven to 350 degrees F. Whisk together flour, cocoa powder, baking soda and salt; set aside.
2. In a large bowl, beat cooled coconut oil, brown sugar, egg, vanilla and coffee (if using) until creamy and smooth; about 1-2 minutes. Add in flour mixture and incorporate until well combined. Fold in chocolate chips. Roll into small dough balls or use a small cookie scoop to drop on a baking sheet and flatten slightly with the palm of your hand. Bake 8-10 minutes. I like to take mine out at 9 minutes so they remain soft. Sprinkle with sea salt immediately. Cool on cookie sheet for a few minutes then transfer to wire rack to finish cooling. Makes about 16 cookies.

**NOTES**

TO MAKE GLUTEN FREE: I recommend using quinoa flour.  
  
TO MAKE VEGAN: I suspect you can sub a flax egg for the egg in this recipe, but have not tested it. Please let me know if you do.  
  
Instead of chocolate chips, you can chop up 3.5 oz of your favorite chocolate bar. These are quite wonderful with dark chocolate cocoa powder and dark chocolate chunks/chips, if you prefer to do that.

(HEALTHIER) DOUBLE CHOCOLATE COOKIES

[PRINT](http://www.nutritionistinthekitch.com/easyrecipe-print/5179-0/)

PREP TIME

10 mins

COOK TIME

8 mins

TOTAL TIME

18 mins

Serves: 30

INGREDIENTS

* 1⅓ cups [spelt flour](http://www.amazon.com/gp/product/B0052OMOKS/ref=as_li_tl?ie=UTF8&camp=1789&creative=9325&creativeASIN=B0052OMOKS&linkCode=as2&tag=nutinthekit-20&linkId=RZICOXE5PI7A5ZAE)
* 2 tablespoons [raw cocoa powder](http://www.amazon.com/gp/product/B00J2L8EJM/ref=as_li_tl?ie=UTF8&camp=1789&creative=9325&creativeASIN=B00J2L8EJM&linkCode=as2&tag=nutinthekit-20&linkId=HQUC33GX6QSJ7G6V)
* 1 teaspoon baking powder
* ½ teaspoon baking soda
* ½ teaspoon salt
* ¼ cup [raw honey](http://www.amazon.com/gp/product/B006MWDFUC/ref=as_li_tl?ie=UTF8&camp=1789&creative=9325&creativeASIN=B006MWDFUC&linkCode=as2&tag=nutinthekit-20&linkId=N6KDJG24GQEQHLF3)
* ¼ cup [dark chocolate chips](http://www.amazon.com/gp/product/B00BNQFZCI/ref=as_li_tl?ie=UTF8&camp=1789&creative=9325&creativeASIN=B00BNQFZCI&linkCode=as2&tag=nutinthekit-20&linkId=GPHTU3ZDQZNY4RPM), melted with honey
* 1 tablespoons organic butter or [coconut oil](http://www.amazon.com/gp/product/B000GAT6NG/ref=as_li_tl?ie=UTF8&camp=1789&creative=9325&creativeASIN=B000GAT6NG&linkCode=as2&tag=nutinthekit-20&linkId=V7AQOYNML7GGYRQY), melted
* 2 teaspoons [pure vanilla extract](http://www.amazon.com/gp/product/B0002UN7PI/ref=as_li_tl?ie=UTF8&camp=1789&creative=9325&creativeASIN=B0002UN7PI&linkCode=as2&tag=nutinthekit-20&linkId=AQVLIRCM2C4DB2RL)
* 2 organic eggs
* 2 tablespoons milk of choice

INSTRUCTIONS

1. Preheat the oven to 350 degrees.
2. In a small bowl combine eggs, salt, and vanilla. Add the melted butter (or oil), chocolate chips, and honey and beat until well incorporated.
3. Add remaining ingredients and beat until just combined.
4. Cover a baking pan with parchment paper.
5. Scoop tablespoon sized portions of the batter into balls and press down lightly to flatten (makes 30 small cookies).
6. Bake for 8 minutes.
7. Enjoy!

NUTRITIONAL INFORMATION

Serving size: 1 cookie Calories: 54 kcal Fat: 2g Carbohydrates: 6g Sugar: 3.6gFiber: 1g Protein: 2g