

Quinoa-Flax Chocolate Chip Cookies

Prep Time: 15 minutes
Cook Time: 10 minutes
Total Time: 25 minutes

Yield: 30 cookies
Serving Size: 1 cookie
Calories per serving: 150
Fat per serving: 6.2g

Ingredients

- 1 ½ cups gluten free quinoa flour blend OR 1 cup all purpose flour + ½ cup quinoa flour
- 1 cup quinoa flakes (oats will work too)
- ¼ cup ground flaxseed
- 1 teaspoon baking soda
- 1 teaspoon sea salt
- ½ teaspoon ground cinnamon
- 1 stick unsalted butter or coconut oil, softened
- 1/2 cup applesauce
- 1 cup coconut palm sugar (or sugar of choice)
- ½ cup packed dark brown sugar
- 2 large eggs OR flax eggs
- 1 ½ teaspoons vanilla extract
- 1 cup semisweet chocolate chips
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Instructions

1. Preheat oven to 350. Line 2 baking sheets with parchment paper.
2. If using flax eggs, combine 2 tablespoons ground flax seeds with 6 tablespoons warm water. Mix well and set aside. (Skip this step if using eggs.)
3. In a medium bowl combine flours, quinoa flakes, flaxseed, baking soda, sea salt and ground cinnamon.
4. Beat together the butter, applesauce, and sugars on medium high speed until fluffy, about 3 or 4 minutes. Add eggs, one at a time, ensuring the first is fully incorporated before adding the next. Add vanilla and reduce the speed to low. Add in flour and beat until just combined. Stir in chocolate chips.
5. Drop in teaspoonfuls onto prepared baking sheets. Bake for 9 to 11 minutes. Let the cookies cook for 4 minutes on the baking sheets and then transfer to racks to cool completely.

Notes

Yield: 30 Cookies, Serving 1 cookie, Calories 150, Fat 6.2g, Carbohydrates 21.7g, Protein 2.1g, Cholesterol 21mg, Sodium 145mg, Fiber 1.5g, Sugars 13.1g, WW Pts 4

<http://www.cookingquinoa.net/quinoa-flax-chocolate-chip-cookies>