

## CHOCOLATE CHIP COOKIES

Recipe Adapted from: [Forks Over Knives](#)

Yields: 18 cookies

### ingredients

1/3 cup unsweetened applesauce  
1/3 cup natural peanut butter\*  
1/2 cup granulated sugar  
1 tablespoon ground flaxseeds  
2 teaspoons vanilla extract  
1 1/3 cup oat flour\*\*  
1/2 teaspoon baking soda  
1/2 teaspoon salt  
1/4 cup whole wheat pastry flour\*\*\*  
1/2 cup dairy-free chocolate chips



### directions

Preheat the oven to 350°F. Line two large baking sheets with parchment paper or Silpat baking mats.

In a large mixing bowl, add the applesauce, peanut butter, sugar, and ground flaxseed. Using a large fork, mix together until smooth.

Add the vanilla and mix again. Next, add the oat flour, baking soda, salt. Mix well. Add the whole wheat pastry flour and chocolate chips.

Using a tablespoon or a small cookie scoop, add spoonfuls of batter onto the baking sheets, about 2 inches apart. Flatten the cookies a bit, as they will not spread too much during baking.



Bake for 8-10 minutes.

Remove cookies from the oven and allow them to cool for 5 minutes before transferring to a cooling rack.

**notes:**

\*Feel free to substitute almond butter.

\*\*If you do not have oat flour, simply grind old fashioned oats in a food processor until fine.

\*\*\*You may substitute sorghum flour to be gluten-free if needed.

**nutrition facts:**

per cookie, if 18 are made: 120 calories, 4 grams fat, 18 grams carbohydrate, 1.5 grams fiber, 10 grams sugar, 3 grams protein

find more recipes at [www.wholesomeLLC.com](http://www.wholesomeLLC.com)

