

CHOCOLATE CHIP COOKIES

VEGAN, GLUTEN FREE, & TOTALLY AWESOME!

Everyone needs a sweet treat now & then! You can load these treats with nutritious nuts, seeds, & dark chocolate.

These are easy to make vegan (use egg and butter substitute), low sugar (just reduce what you use), high protein (add lots of nuts/seeds), etc. I like to freeze individual servings in zip lock bags to toss into lunches!



- **1 CUP SHORTENING OF CHOICE**
BUTTER/GHEE/VEGAN/COCONUT BUTTER. USE ANY COMBINATION AT ROOM TEMP.
- **3/4-1.5C SWEETENER OF CHOICE**
COCONUT PALM, ORGANIC BROWN SUGAR, ETC. START WITH LESS & TASTE. YOU CAN ALWAYS ADD MORE.
- **1/4 C GREEK OR VEGAN YOGURT**
VANILLA, COCONUT, OR PLAIN WORK GREAT!
- **2 EGGS OR SUBSTITUTE OF CHOICE**
I USE 1TBS FLAXSEED MEAL + 2.5 TBS WATER-LET SIT 5 MINUTES UNTIL THICK->THEN ADD IT TO RECIPE.
- **1 TBS ORGANIC VANILLA OR VANILLA BEAN POWDER**
- **1-1.5 TSP PINK SALT TO TASTE**
- **1 TSP BAKING SODA**
- **1 TSP BAKING POWDER (ALUMINUM FREE)**
- **2-2.5 C FLOUR OF CHOICE**
FEEL FREE TO COMBINE FLOURS. I GENERALLY USE GLUTEN FREE OAT FLOUR. IF WE'RE HAVING FINICKY GUESTS, I'LL USE HALF ALL-PURPOSE. FOR OAT FLOUR. SIMPLY TAKE THOSE OATS & GIVE THEM A SPIN IN THE BLENDER. WHOALA!
- **3/4 C CHIP OF CHOICE.**
SEMI-SWEET, VEGAN, DARK CHIPS (60% COCOA OR HIGHER), ETC.
- **3/4 C NUTS/SEEDS OF CHOICE.**
I USE HOLY OMEGA NUT & SEED MIX (SEE OUR WEBSITE FOR RECIPE).

DIRECTIONS:

1. COMBINE WET INGREDIENTS.
2. MIX IN DRY INGREDIENTS.
3. DROP ROUNDED SPOONFULS ONTO COOKIE SHEET OR SPREAD INTO A PAN FOR CHOCOLATE CHIP BARS.
4. BAKE COOKIES 350 DEGREES 7-12 MINUTES. BAKE BARS 12-18 MINS OR UNTIL GOLDEN BROWN.