

Chocolate Chip Cookies



Nothing is more comforting than a good chocolate chip cookie! A timeless classic—soft and indulgent—they're perfect for sharing a sweet moment with family, especially paired with a tall glass of milk.

Preparation 5 min
Cooking 15 min
Portion 12
Nutrition Facts (per serving)
Calories 170 kcal
Fat 9 g
Carbohydrates 18 g
Fibre 2 g
Protein 4 g
Sodium 140 mg

Ingredients

- 250 ml (1 cup) whole wheat flour (or gluten-free flour)
- 80 ml (? cup) almond flour
- 30 ml (2 tbsp) hemp seeds
- 5 ml (1 tsp) baking soda
- 1 pinch of salt
- 1 banana, mashed (or 60 ml (¼ cup) unsweetened applesauce)

- 60 ml (¼ cup) brown sugar
- 60 ml (¼ cup) melted coconut oil (or margarine)
- 5 ml (1 tsp) vanilla extract
- 80 ml (? cup) semi-sweet chocolate chips

Preparation

1. Preheat the oven to 350°F (180°C) and line a baking sheet with parchment paper.
2. In a large bowl, combine whole wheat flour, almond flour, hemp seeds, baking soda, and salt. Set aside.
3. In another bowl, mash the banana. Add the whole egg, egg white, brown sugar, melted coconut oil, and vanilla extract. Whisk until smooth.
4. Gradually incorporate the dry ingredients into the wet mixture, stirring just until combined. Gently fold in the chocolate chips.
5. Drop 12 scoops of dough onto the baking sheet, spacing them slightly apart.
6. Bake for 12 to 15 minutes, or until the cookies are lightly golden. Let cool on the baking sheet for a few minutes before transferring to a wire rack.

Notes

Se conserve 7 jours dans un contenant hermétique au réfrigérateur ou 3 mois au congélateur.



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