



## Cookies the Vegan Way



### Basic Ingredients (30 cookies)

- 1 cup almond flour
- 1 cup oats
- 3 tablespoons ground flaxseeds
- 3 tablespoons chia seeds
- 1 tablespoon poppy seeds
- 1 teaspoon baking soda
- ½ teaspoon salt
- ½ teaspoon ground cinnamon
- ½ teaspoon ground nutmeg
- ¾ cup olive oil
- ¾ cup raw sugar
- 1 cup almond milk
- 1 teaspoon vanilla extract
- ½ cup dark chocolate drops

### Directions

Preheat the oven to 200 degrees. Line 2 baking sheets with wax paper. Whisk oats, seeds, baking soda, salt and cinnamon in a small bowl. Mix liquids and sugar in a large bowl. To the large bowl add vanilla, the contents of the small bowl, mix until just combined, scraping down the bowl as needed. Add flour. Stir in the chocolate drops. Drop tablespoons of rounded dough 5 cm apart onto the prepared baking sheets. Bake until golden brown, 10 to 12 minutes. Let the cookies cool 3 minutes on the baking sheets, then transfer to racks to cool completely.

### Variation

Replace the chocolate drops with raisins or nuts. Add 3 tablespoons cocoa powder to the dough and fold in white chocolate drop.

### Nutritional values per 1 cookie

Provided by P. Tilelis, Executive Coordinator of Fitness-Nutritionist, Office of Athletics  
Recipe: Sophie Themelis, Wellness Coordinator, Pilates Instructor, ACG Health & Wellness Center

Energy:	102	calories
Total fat:	9.2	g
Cholesterol:	3.5	mg
Sodium:	73	mg
Total carbs:	5	g
Dietary fiber:	5	g
Protein:	3.5	g