

Buckwheat Chocolate Chip Cookies

6 SERVINGS 15 MINUTES



INGREDIENTS

1 cup Buckwheat Flour
1/2 cup Coconut Sugar
1/4 cup Coconut Oil (melted)
1/4 cup Unsweetened Applesauce
1 tsp Vanilla Extract
1/2 tsp Baking Soda
1 tsp Apple Cider Vinegar
1 1/4 ozs Dark Chocolate (roughly chopped)

NUTRITION

AMOUNT PER SERVING

Calories	228	Carbs	30g
Fat	12g	Protein	3g

DIRECTIONS

- 01 Preheat the oven to 350°F (176°C) and line a baking sheet with parchment paper or a silicone baking mat.
- 02 In a mixing bowl, combine the buckwheat flour, sugar, coconut oil, applesauce, vanilla and baking soda. When well combined, mix in the apple cider vinegar. Gently fold in the chocolate.
- 03 Scoop the dough using a tablespoon and transfer to the baking sheet. Bake for 10 minutes and let cool before serving. Enjoy!