



Friday Facts

June 18, 2021

Classic, But Healthy

It's hard to pass up a chocolate chip cookie, homemade and fresh from the oven.

We found this one that aims to be a little healthier than the traditional version, and it had a high number of 5-star reviews. It comes from the blog The Big Man's World, written by Arman Liew, who enjoys "giving healthy makeovers to traditional desserts, breakfasts and snacks." Check it out for 600+ recipes: thebigmansworld.com

One nice thing we liked about this recipe is that Arman has suggestions for substitutions and lots of notes for adjustments to BEST suit your needs!

Healthy Chocolate Chip Cookies

Ingredients

- 2 cups blanched almond flour
- ¼ cup arrowroot starch*
- 1 tsp baking powder
- 1 tsp vanilla extract
- 6 Tbsp maple syrup**
- 2 Tbsp coconut oil
- ¼ cup coconut milk***
- ½ cup chocolate chips of choice

Directions

Preheat the oven to 175C/350F. Line a large tray with parchment paper or prepare a cookie sheet. Set aside.

1. In a large mixing bowl, combine your dry ingredients and mix well.

2. In a microwave-safe bowl or in a saucepan over the stove, combine your coconut oil and syrup, and heat until melted. Whisk together until combined.
3. Add the syrup/coconut oil mixture to the dry mixture, along with the vanilla extract and coconut milk, and mix very well. Fold in your chocolate chips.
4. Form 16 small balls with the cookie dough. Place each ball on the lined tray and press each one lightly, into a cookie shape.
5. Bake for 12-15 minutes, or until lightly brown. Remove from the oven and allow to cool completely.

Notes

* Can substitute this for cornstarch or tapioca flour.

** You can replace this with agave nectar or to keep it keto, sugar free syrup.

*** Can substitute for any milk of choice.

If your cookie dough batter is too crumbly, slowly add a little extra milk of choice.

Best Healthy Chocolate Chip Cookies can keep at room temperature, in a sealed container. They will keep for up to 5 days. Cookies can be kept refrigerated, for up to 2 weeks and are freezer friendly for up to 6 months.

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