

Almond Butter Chocolate Chip Cookies

Sink your teeth into these! Six ingredients, two steps and 20 minutes is all you'll need to whip together two dozen of our no-flour, dairy-free, low-sugar cookies.



Serves:

Makes: 24 cookies

Hands-on time: 10 minutes

Total time: 22 minutes

CATEGORY:

[Gluten Free](#), [Under 45 Minutes](#)

INGREDIENTS:

- 1 cup unsalted almond butter, stirred well
- 3/4 cup Sucanat
- 1 large egg
- 1/2 tsp baking soda
- 1/4 tsp sea salt
- 3 oz dark chocolate (70% cocoa or greater), broken into small pieces

INSTRUCTIONS:

1. Preheat oven to 350°F. In a medium bowl, stir together first 5 ingredients until blended. Stir in chocolate.

- Drop dough by rounded tablespoonfuls onto parchment-lined baking sheets. Bake for 10 to 12 minutes or until lightly browned. Let cool on baking sheets for 5 minutes. Remove to a wire rack and let cool for 15 more minutes.

Nutrients per cookie: Calories: 110, Total Fat: 8 g, Sat. Fat: 1.5 g, Carbs: 10 g, Fiber: 1 g, Sugars: 3 g, Protein: 2 g, Sodium: 55 mg, Cholesterol: 10 mg

Nutritional Bonus:

While dark chocolate contains potent antioxidants, think twice before enjoying it with milk. Researchers have found that the bittersweet treat's free-radical fighters may bind with the protein in milk, interfering with antioxidant absorption and possibly negating any associated health benefits