

Delicious as it Looks



Chocolate Chip Quinoa Cookies

Low-Fructose, Low-FODMAP, Gluten-Free

makes about 15 cookies

(recipe can be easily doubled)

Ingredients

1/2 cup quinoa flour
1/4 cup quinoa flakes (or rolled oats)
1/2 teaspoon ground cinnamon
1/4 teaspoon baking soda
1/8 teaspoon salt
6 tablespoons unsalted butter (or non-dairy substitute), softened
1/2 cup powdered dextrose
1 large egg
1 1/2 teaspoons vanilla extract
1/4 cup mini chocolate chips (or as tolerated)
1/4 cup chopped walnuts (optional)

Directions

1. Heat oven to 325 degrees F. Grease or line a cookie sheet with parchment paper (otherwise cookies will stick!)
2. In a medium bowl, combine the quinoa flour, flakes, cinnamon, baking soda and salt.
3. In a large mixing bowl, beat the butter and dextrose together for about 3 minutes. Add the egg and vanilla. Beat until smooth, scraping down the sides of the bowl. Slowly add the flour mixture and beat until blended. Fold in the chocolate chips and walnuts.
4. Drop dough by the heaping tablespoonful onto prepared cookie sheet, at least two inches apart. Bake for 12 to 14 minutes, or until cookies no longer appear wet on top. Cool on cookie sheet about 3 minutes before transferring to cooling rack.

