

Healthy Chocolate Chip Cookie Recipe

Ingredients:

- 1 cup almond flour
- 1/2 cup rolled oats (gluten-free if needed)
- 1/4 tsp baking soda
- 1/4 tsp sea salt
- 1/4 cup coconut oil (melted) or unsalted butter
- 1/4 cup pure maple syrup or honey
- 1 egg (or flax egg: 1 tbsp flaxseed + 3 tbsp water)
- 1 tsp vanilla extract
- 1/3 cup dark chocolate chips (70% cacao or higher)

Optional Add-ins:

- 2 tbsp chopped walnuts or pecans
- 1 tbsp chia seeds or ground flax
- Pinch of cinnamon

Instructions:

1. Preheat oven to 350 F. Line a baking sheet with parchment paper.
2. Mix dry ingredients: almond flour, oats, baking soda, and sea salt.
3. Mix wet ingredients: melted coconut oil, maple syrup, egg, and vanilla.
4. Combine wet and dry ingredients into dough.
5. Fold in chocolate chips (and optional add-ins).
6. Scoop dough onto baking sheet (~12 cookies). Flatten slightly.
7. Bake 10–12 minutes, until edges are golden.
8. Cool at least 5 minutes before removing from pan.

Why They're Healthier:

- Almond flour adds protein and healthy fats.
- Oats provide fiber and help regulate blood sugar.
- Maple syrup or honey is a natural sweetener.
- Dark chocolate contains antioxidants.
- Coconut oil is anti-inflammatory.

Serving Tip:

Pair with a cup of unsweetened almond milk or herbal tea for a satisfying snack.