

Chocolate Avocado Cookies

Ingredients:

- 1 avocado
- 1/2 cup gluten free oat flour
- 1 egg, room temperature
- 1/2 cup unsweetened cocoa powder
- 1/3 cup maple syrup
- 1/2 teaspoon vanilla extract
- 1/2 teaspoon baking soda
- 1/8 teaspoon sea salt

Directions

1. Preheat oven to 350°F.
2. Prepare a baking sheet with parchment paper.
3. Place the avocado, maple syrup, vanilla extract, and egg in a food processor or blender. Blend on high for 3 minutes until avocado is fully broken down.
4. Add salt, cocoa powder, baking soda, and oat flour. Process until fully blended.
5. Using a small ice cream scoop, place 2 scoops on the prepared baking sheet to form a cookie. Cookies will not spread in the oven.
6. Bake at 350°F for 8 minutes.
7. Remove from the oven; cool 5 minutes on the pan.
8. Transfer to a wire baking cooling rack.
9. Eat immediately or store in refrigerator up to 1 week or in freezer up to 1 month.

Nutrition Facts

Serving Size 1 cookie (56g)
Servings Per Container 10

Amount Per Serving

Calories 130 **Calories from Fat** 35

% Daily Value*

Total Fat 4g **6%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 15mg **5%**

Sodium 95mg **4%**

Total Carbohydrate 17g **6%**

Dietary Fiber 2g **8%**

Sugars 8g

Protein 2g

Vitamin A 2% • Vitamin C 4%

Calcium 2% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

