

Buckwheat Chocolate Chip Cookies

8 ingredients · 15 minutes · 6 servings



Directions

1. Preheat the oven to 350°F (176°C) and line a baking sheet with parchment paper or a silicone baking mat.
2. In a mixing bowl, combine the buckwheat flour, sugar, coconut oil, applesauce, vanilla and baking soda. When well combined, mix in the apple cider vinegar. Gently fold in the chocolate.
3. Scoop the dough using a tablespoon and transfer to the baking sheet. Bake for 10 minutes and let cool before serving. Enjoy!

Notes

Leftovers

Store in an airtight container at room temperature for 5 to 7 days or freeze if longer. For firmer cookies, keep in the fridge or freezer.

Serving Size

One serving equals one cookie.

More Flavor

Add cinnamon.

No Applesauce

Double the coconut oil and add a few tablespoons of water, or until the dough sticks together.

No Chocolate

Use chocolate chips, chopped nuts or raisins instead.

Ingredients

- 1 cup Buckwheat Flour
- 1/2 cup Coconut Sugar
- 1/4 cup Coconut Oil (melted)
- 1/4 cup Unsweetened Applesauce
- 1 tsp Vanilla Extract
- 1/2 tsp Baking Soda
- 1 tsp Apple Cider Vinegar
- 1 1/4 ozs Dark Organic Chocolate (roughly chopped)

Nutrition

Amount per serving

Calories	226	Vitamin C	0mg
Fat	12g	Calcium	7mg
Saturated	9g	Iron	1mg
Carbs	30g	Vitamin D	0IU
Fiber	3g	Vitamin B6	0mg
Sugar	15g	Folate	0µg
Protein	3g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	0mg
Sodium	108mg	Zinc	0mg
Potassium	9mg	Selenium	0µg
Vitamin A	3IU		