

Date, Walnut and Dark Chocolate Cookies (Vegan)

From the American Institute for Cancer Research

<http://www.aicr.org/health-e-recipes/2017/date-walnut-dark-chocolate-cookies.html>

Ingredients

- 1/2 cup soft dairy-free margarine spread, at room temperature
- 1 tsp. vanilla extract
- 2 Tbsp. honey
- 1 cup white whole wheat flour
- 1/2 cup all-purpose flour
- 1/2 tsp. baking soda
- 1-1/2 tsp. egg replacer**
- 1/2 cup finely chopped walnuts
- 1/2 cup diced, pitted Medjool dates
- 1/2 cup dark chocolate chips or broken dark chocolate pieces

Instructions

1. Preheat the oven to 375°F.
2. Mix together margarine, vanilla, and honey in a small bowl.
3. Combine the whole-wheat flour, all-purpose flour, baking soda, and egg replacer in a separate bowl.
4. Add the flour mixture to the margarine mixture and mix well to form a crumbly dough.
5. Stir in the walnuts, dates, and chocolate chips.
6. Shape the dough into walnut-sized balls and place about 3 inches apart on a baking sheet.
7. Bake for 15 minutes, or until golden brown.

*Note: These cookies store very well in an airtight container in the freezer.

**Note: Vegan egg replacers can be found in powdered form. Examples include Ener-G, VeganEgg, Bob's Red Mill Egg Replacer.

Makes 20 cookies; 1 serving = 1 cookie

Nutrition information per serving

| | |
|--------------------|---------------------|
| Calories: 122 | Dietary Fiber: 2 g |
| Total Fat: 6 g | Sodium: 82 mg |
| Saturated Fat: 1 g | Protein: 2 g |
| Cholesterol: 0 g | Carbohydrates: 16 g |