

Beetroot and Chocolate Cookies



Indulge in a unique culinary experience with our beetroot and chocolate biscuits, boasting a vibrant red hue that conceals exquisite flavors and an irresistible texture.

Preparation 20 min

Cooking 12 min

Servings 20

Nutrition Facts (per serving)

Calories 105

Fat 5

Carbohydrates 15

Fibre 2

Protein 2

Sodium 20

Ingredients

- 375 ml (1 ½ cups) whole wheat flour
- 125 ml (½ cup) cooked beet puree
- 60 ml (¼ cup) neutral coconut oil, melted
- 60 ml (¼ cup) maple syrup
- 60 ml (¼ cup) sugar
- 8 ml (½ tbsp.) baking powder

- A few drops of vanilla extract
- 125 ml (½ cup) semi-sweet mini chocolate chips
- Canola oil

Preparation

1. Preheat the oven to 350°F (180°C).
2. In a bowl, mix the beet puree, coconut oil, and maple syrup.
3. In another bowl, combine the flour, baking powder, and sugar.
4. Incorporate the liquid ingredients into the dry ingredients, then add the vanilla extract and vinegar. Mix well, using hands if necessary.
5. Fold in the chocolate chips.
6. Put a few drops of oil on your hands and shape 1 tablespoon of the mixture into a ball. Place it on a parchment-lined baking sheet.
7. Bake for 10 to 12 minutes.

Notes



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