

Beet, Raspberry, and White Chocolate Cookies



Discover a unique blend of flavors in our Beet, Raspberry, and White Chocolate Cookies. These delectable treats combine the earthy sweetness of beets, the tanginess of raspberries, and the creaminess of white chocolate for a delightful culinary adventure!

Preparation 20 min

Cooking 30 min

Servings 18

Nutrition Facts (per serving)

Calories 115

Fat 2

Carbohydrates 18

Fibre 4

Protein 3

Sodium 55

Ingredients

- 125 ml (½ cup) dried dates
- 80 ml (⅓ cup) water
- 250 ml (1 cup) raspberries (fresh or frozen)
- 250 ml (1 cup) beets (see note)
- 60 ml (¼ cup) unsweetened applesauce

- 60 ml (¼ cup) maple syrup
- 250 ml (1 cup) All-bran Flakes cereal
- 125 ml (½ cup) milk
- 1 egg
- 250 ml (1 cup) quick-cooking oats
- 250 ml (1 cup) whole wheat flour
- 125 ml (½ cup) white chocolate chips
- 60 ml (¼ cup) ground flaxseeds
- 15 ml (1 tbsp) chia seeds
- 2.5 ml (½ tsp) salt

Note: You can also use peeled and boiled, non-marinated beets available in the fruit and vegetable section of the grocery store or frozen beets.

Preparation

1. Preheat the oven to 350°F.
2. In a large microwave-safe bowl, cook the dried dates with water for 1 minute and 30 seconds. Then, blend them into a puree using an immersion blender.
3. Wash the fresh raspberries or thaw them if frozen.
4. Wash and peel the beets, then put them in a blender with the date puree, maple syrup, and applesauce. Blend until smooth.
5. In a small bowl, mix the All-bran Flakes cereal, milk, and egg together with a spoon. Let it rest for 5 minutes while preparing the dry ingredients mix.
6. In a large bowl, mix the quick-cooking oats, whole wheat flour, white chocolate chips, ground flaxseeds, chia seeds, and salt with a spoon. Add the beet and raspberry puree to the large bowl of dry ingredients.
7. Add the other wet ingredients to the large bowl and mix roughly with a spoon or fork. On one or two non-stick baking sheets (or lined with parchment paper), form 18 small patties.
8. Bake in the oven at 350°F for 30 minutes.
9. Remove the patties from the oven, let them rest for 2 minutes, and enjoy.

Notes

Can be kept in the fridge for 3 to 5 days. Can be frozen.



Katrina Daigle – Nutritionniste Diététiste à Ottawa
Registered Dietitian Nutritionist Ottawa