

Blueberry, Almond, and Dark Chocolate Cookies



Discover our blueberry, almond, and dark chocolate cookies, a delicious and nutritious snack or dessert! Take advantage of the season to use your freshly picked blueberries from self-picking.

Preparation 10 min

Cooking 12 min

Servings 12

Nutrition Facts (per serving)

Calories 165

Fat 6

Carbohydrates 21

Fibre 2

Protein 7

Sodium 115

Ingredients

- 1 large egg
- 80 ml (? cup) egg whites (equivalent to 3 egg whites)
- 60 ml (¼ cup) maple syrup
- 7.5 ml (½ tbsp) vanilla extract
- 7.5 ml (½ tbsp) almond extract

- 180 ml ($\frac{3}{4}$ cup) almond flour
- 125 ml ($\frac{1}{2}$ cup) skim milk powder
- 30 ml (2 tbsp) stevia-based sweetener
- 5 ml (1 tsp) baking powder
- 2.5 ml ($\frac{1}{2}$ tsp) baking soda
- 1 pinch of salt
- 250 ml (1 cup) fresh blueberries
- 3 squares of dark chocolate, coarsely chopped

Preparation

1. Preheat the oven to 350°F (180°C) and line a baking sheet with parchment paper or a silicone mat.
2. In a large bowl, mix the wet ingredients.
3. Add the dry ingredients, except the blueberries and chocolate. Mix until the batter is homogeneous, being careful not to overmix.
4. Gently fold in the blueberries and dark chocolate.
5. Form 12 dough balls and place them on the baking sheet.
6. Bake for about 12 minutes, or until the tops are lightly golden.
7. Let cool before serving.

Notes

Store in an airtight container in the refrigerator for up to 7 days or in the freezer for up to 3 months.



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