

Strawberry, Rhubarb, and Chia Cookies



Explore a rhubarb dessert where sweetness and tartness meet, enhanced with a nutritious touch of chia seeds. Perfect for your week's meal prep!

Preparation 20 min

Cooking 15 min

Servings 20

Nutrition Facts (per serving)

Calories 75

Fat 4

Carbohydrates 9

Fibre 1

Protein 1

Sodium 50

Ingredients

- 15 ml (1 tablespoon) chia seeds
- 30 ml (2 tablespoons) water
- 250 ml (1 cup) all-purpose flour
- 125 ml (1/2 cup) buckwheat flour
- 190 ml (3/4 cup) oats
- 2.5 ml (1/2 teaspoon) baking soda

- 125 ml (1/2 cup) margarine
- 65 ml (1/4 cup) unsweetened applesauce
- 125 ml (1/2 cup) brown sugar
- 1 egg
- 250 ml (1 cup) sliced strawberries
- 250 ml (1 cup) sliced rhubarb

Preparation

1. Preheat the oven to 350°F and line two baking sheets with parchment paper.
2. In a small bowl, let the chia seeds soak in water. Set aside.
3. In a bowl, mix all-purpose flour, buckwheat flour, baking soda, and salt. Set aside. In another bowl, using an electric mixer, beat margarine with applesauce, brown sugar, egg, and the chia seed mixture.
4. Add the flour mixture and stir with a spatula.
5. Add oats, strawberries, and rhubarb, and mix again.
6. Using a tablespoon, drop about 1 tablespoon of dough, ensuring to leave about 1 inch of space between each cookie.
7. Bake in the oven for 13 to 15 minutes.

Notes



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