



From the Kitchen of Executive Chef Jessica VanRoo

“Healthier” Homemade Chocolate Mint Cookies

Makes about 16 cookies

102 calories per serving (4 cookies)

Description from Living Well UCI Health Blog: www.ucihealth.org/blog

Dark chocolate is one of the most powerful antioxidants, which help fight cancer-causing free radicals. It is also rich in iron, magnesium, copper and manganese. Some studies have shown dark chocolate at 60% cacao and higher helps to lower blood pressure, which protects heart health.

Using whole grain or nut flour to make these chocolate delights increases their fiber content, which makes them more filling.

All in all, this recipe has less sugar, fat and calories than its traditional counterpart.

Total cost: \$4.85/\$0.30 per cookie

Ingredients

- ½ cup almond flour
- ½ cup whole wheat flour (or use all almond flour for gluten-free cookies)
- 2 tablespoons cocoa powder
- 2 tablespoons Lakanto sugar-free maple syrup
- 2 tablespoons melted coconut oil
- Pinch of sea salt
- ½ teaspoon peppermint extract
- 1 cup dark chocolate chips
- 2 teaspoons coconut oil
- ¼ teaspoon peppermint extract



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1. Preheat oven to 350 degrees and line a baking sheet with parchment paper.
2. In a mixing bowl, combine flours with cocoa powder, whisk well. Mix in syrup, coconut oil, salt and peppermint extract using a wooden spoon. Refrigerate dough for 15 minutes.
3. When dough is chilled, roll it in between two sheets of parchment paper until it is about ¼-inch thick. Cut small 1 ½-inch rounds out of the dough.
4. Bake cookies 10-12 minutes, remove from the oven and allow to cool on cookie sheet.
5. Combine chocolate chips and oil in a bowl and microwave in 30-second increments until melted. (You can also use a double boiler.)
6. When chocolate is completely melted, stir in peppermint extract.
7. Dip cooled cookies into the chocolate, then return to cookie sheet.
8. Refrigerate 30 minutes or until chocolate sets.

Serve or refrigerate until you are ready to enjoy!