



Healthy Chocolate and Coconut Delights

Recipe Gluten-free, dairy-free (casein-free), hypotoxic and vegan

By: Cuisine l'Angélique

PORTIONS: 15

PREPARATION: 15 MINUTES

COOKING: 25 MINUTES

INGREDIENTS

- 30 ml (2 tbsp) [chia](#)
- 120g (1/2 cup) water
- 75g (1/2 cup) pumpkin seeds
- 75 g (1/2 cup) sunflower seeds
- 35 g (1/4 cup) all-purpose flour "[La Merveilleuse](#)"
- 30 g (1/3 cup) [cocoa](#)
- 70g (1 cup) shredded, unsweetened coconut
- 7.5 ml (1 1/2 tsps) baking powder
- 5 ml (1 tsp) ground cinnamon
- 1 ml (1/4 tsp) salt
- 100 g (1/2 cup) light olive oil
- 80g (1/3 cup) honey
- 7.5 ml (1 1/2 tsps) vanilla extract
- 55 g (1/3 cup) semi-sweet chocolate chips

PREPARATION

1. Finely grind chia seeds in a coffee grinder. In a medium bowl, combine ground chia and water and let stand for 10 minutes.
2. Finely grind pumpkin and sunflower seeds in a food processor.
3. Combine ground seeds, flour, cocoa, coconut, baking powder, cinnamon and salt. Set aside.
4. After the 10-minute rest time, add oil, honey and vanilla to the soaked chia mixture. Stir vigorously with a whisk.
5. Stir the dry mixture into the wet mixture and stir well with a wooden spoon. Add the chocolate chips.
6. Preheat the oven to 180 °C (350 °F).
7. Roll the dough into 15 equal balls. Place on a baking sheet lined with parchment paper. Flatten the dough balls with a fork to make a patty about 6 cm (2.5 inches) in diameter.
8. Bake on top rack for about 25 minutes.
9. Gently remove the patties with a spatula and let them cool on a wire rack.



Real delights that will vanish in plain sight! A pleasant way to incorporate pumpkin and sunflower seeds into our diet, nutritious and so beneficial to health!

NUTRITION FACTS

Per portion: 1 cookie 200 Calories

Fat: 16 g	25 %
Saturated 5 g	
Trans 0,1 g	26 %
Polyunsaturated: 3 g	
Omega-6: 3 g	
Omega-3: 0,2 g	
Monounsaturated: 7 g	
Cholesterol: 5 mg	
Sodium: 50 mg	2 %
Carbohydrate: 13 g	4 %
Fibres: 3 g	12 %
Sugars: 7 g	
Protéines: 4 g	
Vitamin A	2 %
Vitamin C	2 %
Calcium	4 %
Iron	10 %
Copper	15 %
Magnesium	30 %
Manganese	35 %