



# Maple and Hemp Seed Cookies

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

By: Cuisine l'Angélique

PORTIONS : 22

PREPARATION: 15 MINUTES

COOKING: 15 MINUTES

## INGREDIENTS

- 45 ml (3 tbsp) flaxseed
- 280 g (2 cups) all-purpose flour "*La Merveilleuse*"
- 30 g (1/4 cup) hemp seeds
- 5 ml (1 tsp) baking powder
- 5 ml (1 tsp) baking soda
- 1 ml (1/4 tsp) salt
- 2 medium eggs (90 g)
- 55 g (1/4 cup) cane sugar
- 100 g (1/2 cup) light olive oil
- 160 g (1/2 cup) maple syrup
- 7.5 ml (1 1/2 tsps) vanilla
- Maple flakes for garnish

## PREPARATION

1. Finely grind flaxseed in a coffee grinder. In a bowl, combine ground flax, flour, hemp seeds, baking powder, baking soda and salt.
2. In another bowl, combine eggs and sugar and beat with an electric mixer until smooth. Then add the oil, maple syrup and vanilla and beat again with an electric mixer until foamy.
3. Stir the dry mixture into the liquids and stir well with a wooden spoon.
4. Cover the dough and refrigerate for two to three hours.
5. Preheat the oven to 180 °C (350 °F).
6. Spoon onto a baking sheet lined with parchment paper. Flatten the cookies with a wet fork to give them a nice round shape. Sprinkle with maple flakes as desired.
7. Bake on top rack for about 15 minutes until golden.
8. Gently remove the cookies with a spatula and let them cool on a wire rack.



### \* Maple flakes:

*I really enjoy cooking with maple flakes. The texture is somewhere between sugar and little nuggets, which allows it to hold up while being more delicate than little nuggets. They give a gorgeous finish to cakes and cookies. You can also sprinkle some on your ice cream, or even in your coffee!*

*Several companies make maple flakes. You'll find them in the natural section of your grocery store. Here are the flakes I used:*

<http://www.decacer.com>

## NUTRITION FACTS

| Per portion            | 280 Calories |
|------------------------|--------------|
| Fat: 13 g              | 20 %         |
| Saturated 1,5 g        |              |
| Trans 0,1 g            | 8 %          |
| Polyunsaturated: 2,5 g |              |
| Omega-6: 1 g           |              |
| Omega-3: 1 g           |              |
| Monounsaturated: 7 g   |              |
| Cholesterol: 30 mg     |              |
| Sodium: 180 mg         | 8 %          |
| Carbohydrate: 37 g     | 12 %         |
| Fibres: 2 g            | 8 %          |
| Sugars: 15 g           |              |
| Protéines: 4 g         |              |
| Vitamin A              | 0 %          |
| Vitamin C              | 2 %          |
| Calcium                | 6 %          |
| Iron                   | 8 %          |
| Magnesium              | 15 %         |
| Manganese              | 60 %         |
| Riboflavine            | 15 %         |