



Makes 24 Cookies
Cook Time: 25 minutes

INGREDIENTS:

⅓ cup unsweetened applesauce

⅓ cup almond butter

½ cup dry sweetener*

1 tablespoon ground flaxseeds

2 teaspoons pure vanilla extract

1⅓ cups oat flour

½ teaspoon baking soda

½ teaspoon salt

¼ cup sorghum flour, or whole
wheat pastry flour

½ cup grain-sweetened
chocolate chips

Lunchbox Chocolate Chip Cookies

I call these “lunchbox” cookies because they hold up well to being knocked about a bit and because you’re definitely going to want one of these for an afternoon treat. Even though they are soft-baked, they are not cake-like at all (as lower-fat cookies tend to be). Almond butter is the perfect secret ingredient! It gives the cookies great texture while providing a yummy flavor people won’t quite be able to put their finger on.

From *Forks Over Knives - The Cookbook*

By Isa Chandra Moskowitz

- 1** Preheat the oven to 350°F. Line two large baking sheets with parchment paper or Silpat baking mats.
- 2** In a large bowl, use a strong fork to beat together the applesauce, almond butter, dry sweetener, and flaxseeds. Once relatively smooth, mix in the vanilla. (Editor’s Note: Dry sweetener means any non-liquid sugar that is not made with animal byproducts (table sugar in America often is). You can use vegan cane sugar, date sugar, and maple sugar.)
- 3** Add in the oat flour, baking soda, and salt and mix well.
- 4** Add the sorghum flour and chocolate chips and mix well.
- 5** Drop spoonfuls of batter onto the prepared baking sheets in about 1½-tablespoon scoops, about 2 inches apart. Flatten the cookies a bit, so that they resemble thick discs (they won’t spread much at all during baking).
- 6** Bake for 8 to 10 minutes. The longer you bake them, the crispier they will be.
- 7** Remove the cookies from the oven and let them cool on the sheets for 5 minutes, and then transfer to a cooling rack to cool completely.