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Low FODMAP Chocolate Cookies

Posted on February 12, 2021

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These Cookies are inspired by gnom-gnom – and ensured low FODMAP. They are delicious, crisp, chewy and you can really personalise them to suit your preference!

Low FODMAP Chocolate Cookies

Serves: 12

Ingredients

100 g almond flour

40 g coconut flour

1 tablespoon arrowroot powder

1 teaspoon salt

1/2 teaspoon baking soda

1/2 teaspoon xanthan gum

150 g unsalted butter at room temperature

100 g Snew (https://fodmapfriendly.com/fodmap_products/chocolifesnew/) or low FODMAP sweetener of your choice – you can use regular sugar

1 teaspoon vanilla extract

1 egg

120 g THE GOOD CHOCOLATE BAR (https://fodmapfriendly.com/fodmap_products/darkchocolate-zerosugar/) broken into chunks

70 g pecans roughly chopped

flaky sea salt to garnish

Method:

1. Add almond flour, coconut flour, arrowroot powder, salt, baking soda and xanthan gum to a medium bowl. Whisk until combined well and set aside.

2. Cream butter in a large bowl with an electric mixer until softened, 1-2 minutes. Add in sweetener or sugar and continue to cream until light and fluffy (about 8 minutes).

3. Add in vanilla extract and egg, mixing until just incorporated. The mixture will not appear completely smooth.

4. With the mixer on a low speed, add in half of the flour mixture. Mix until just incorporated, then mix in the rest.

5. Fold in chocolate and pecan bits. Cover with cling film / glad wrap and refrigerate for 1 hour.

6. Preheat oven to 350°F/180°C and line a baking tray with parchment paper / baking paper.

7. Divide the cookie dough into 12 large round balls and flatten them slightly (3 1/2-inch or 8-9 cm cookies). Tip for crispier cookies: flatten them more. For thick cookies, don't flatten them too much.

8. Place cookie dough on the prepared baking tray. Bake for 9-10 minutes for smaller cookies and 12-13 minutes for the jumbo, turning the tray around 180° half way through.

9. Garnish with flaky sea salt and allow the cookies to cool completely on the trays. Store in an airtight container for 3-4 days or freeze for up to 3 months.

10. Shaped dough can be frozen for up to 3 months. This can be baked straight from the freezer, just add 2-3 minutes more to the baking time.

Check out the new and amazing MiniBars to Share with your Valentine:

The Good Chocolate Himalayan Salt No Sugar Mini Bars (https://fodmapfriendly.com/fodmap_products/himalayansalt-zerosugar-minibars/)

The Good Chocolate Signature Dark Zero Sugar Mini Bars (https://fodmapfriendly.com/fodmap_products/signaturedark-zerosugar-minibars/)

The Good Chocolate Salted Almond Zero Sugar Mini Bars
(https://fodmapfriendly.com/fodmap_products/saltedalmond-
zerosugar-minibars/)

A bag of snack-sized **Mini-Bar 5-pack** (5 X 0.8oz Mini-Bars) in a resealable bag:

- Zero sugar
- 100% Organic Ingredients
- 2 Net Carbs Per bar
- Keto Friendly
- Bean-to-bar quality
- Vegan

Check out the full range of FODMAP Friendly certified products by The Good Chocolate Online

(https://fodmapfriendly.com/fodmap_products-category/the-good-chocolate/).

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All recipes are FODMAP Friendly with certified
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