Yes, it is possible to make cookies that are wholesome, filled with low-glycemic sweetness, and in line with our fitness lifestyle. These Quinoa Chocolate Chip Cookies are a great example of a recipe that takes healthy ingredients to create a sweet taste that’s guilt-free and just as enjoyable as traditional cookies.

What makes these cookies healthier than Mrs. Fields?

* **It’s gluten free**: I used a combination of the cooked quinoa and blanched almond flour rather than traditional white grain flour.
* **It’s free of cane sugar and low glycemic**: No refined cane sugar in these sweet morsels, just some unrefined coconut sugar. It’s also possible to sub out some of the coconut sugar for a bit of liquid stevia if you’d like to lower the sugar grams.
* **The chocolate is stevia-sweetened**: To further keep our sugars in check use Lily’s chocolate chips which are sweetened with stevia and contain zero cane sugar.
* **The serving size**: Using 1 heaping teaspoon of dough will get you 48 petite cookies, which make portion control easy. You can enjoy a little cookie without taking in too many calories!

Courtesy of [RealHealthyRecipes.com](http://email.fitpromailer2.com/c/eJxNjs2KwyAUhZ9Gdw3X619cuOhQAoVZzRtYtVWaxGCEIW9fJ6uBc5bnO58va3O-XXKwTIAEMDRYMKCiotkisBEYapBM4jiwgX9JPilgVxR4E8iJgGduWy2Ly3OsOPiy0GSfIZi-RSmkfOiHQ0TlTQygpZHOa7rEfXeveGnHFs9v0CMAnW1qbSP8SnDqqdHNqbelo0aft7j_8QmfvvP6vgfCb10PldKMVvv6jXXdu9DhUimnyP8X-3MSPhoYSK8)

**Servings: 48**

**Here’s what you need**

* ¼ cup coconut oil, softened but not melted
* ⅓ cup palm shortening
* 1 cup coconut palm sugar
* 1 teaspoon baking soda
* 1 teaspoon sea salt
* 1 egg
* 1 tablespoon vanilla extract
* 2 cups blanched almond flour
* 1 cup cooked quinoa
* 1 (9 oz) bag Lily’s chocolate chips (stevia sweetened)

**Instructions**

1. Preheat the oven to 375 degrees F. Line a baking sheet with parchment paper.
2. In a large bowl beat the coconut oil and the shortening on high for 30 seconds. Add the coconut sugar, baking soda and salt. Beat on medium for 2 minutes, scraping down the sides as needed. Beat in the egg and vanilla. Beat in the almond flour and quinoa. Stir in the chocolate chips.
3. Drop the dough by teaspoons 2 inches apart on the prepared baking sheet. Bake 6 to 8 minutes or until the edges are lightly browned. Transfer the parchment paper onto a wire rack to cool. Enjoy!

**Nutritional Analysis**

One cookie equals: 108 calories, 7g fat, 11g carbohydrate, 3g sugar, 79mg sodium, 2g fiber, and 2g protein.