BRITISH · DESSERT · SNACK

# Pecan and Dark Chocolate Almond Cookies

40 min · Makes 12 × 1 cookie · 223 kcal a portion · Video 7:29 · The Doctor's Kitchen

Vegan · Gluten-free ingredients

Ground almonds, pecans and olive oil instead of flour and butter: a third of a day's vitamin E and 3.5 g of fibre a cookie, with about 3 g of added brown sugar plus a little more in the 70% chocolate.

**Scan for the video,** full nutrition and more free recipes

## Ingredients 8 · MAKES 12 × 1 COOKIE

- [ ] 2 tbsp **ground flaxseed**
- [ ] 4 tbsp **water** (for the flax egg)
- [ ] **Sugar**: 3 tbsp light brown sugar (or coconut sugar)
- [ ] 4 tbsp extra **virgin olive oil**
- [ ] 200 g **ground almonds**
- [ ] 50 g **pecans**, roughly chopped (or pumpkin or sunflower seeds)
- [ ] 80 g **dark chocolate** (at least 70% cocoa), roughly chopped
- [ ] a pinch of **salt**

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

**Contains:** Tree nuts. Check labels on stock, sauces and spice mixes.

## Method TIMES = THE MOMENT IN THE VIDEO

1. Heat the oven to 180 °C (160 °C fan, 180°C) and line a baking tray with baking paper.
2. Make a flax egg: stir the ground flaxseed into the 4 tbsp water and leave for 15 minutes to thicken. 0:40
3. Mix the flax egg with the brown sugar and olive oil, then work in the ground almonds until it comes together into a sticky dough. 1:08
4. Mix in the pecans, chocolate and salt (wet hands help), then roll into 12 tight balls and flatten each to a cookie about 1 cm thick on the tray. 3:45
5. Bake for 10–12 minutes, until golden at the edges. Cool completely on the tray (they firm up as they cool), then store in an airtight container. 6:42

> **Tip** Swap the pecans for pumpkin or sunflower seeds (the cook uses a mix of pecans and pumpkin seeds). A sprinkle of sea salt on top after baking is the cook's finish. Keeps about a week in an airtight tin.

The method is a summary in our words — the video shows every step.

## One portion (1 cookie) gives you 1 OF 12 · ESTIMATE

| ENERGY | PROTEIN | CARBOHYDRATE | FIBRE | FAT | SODIUM |
|---|---|---|---|---|---|
| 223 kcal | 4.7 g | 11 g | 3.5 g | 19 g | 20 mg |
| 930 kJ | 9% of a day | 7 g net · 5.5 g sugars | 13% of a day | 3.2 g saturated | 1% of a day |
| | | 4% of a day | | 25% of a day | |

**Energy from** net carbs 13% · protein 9% · fat 78% — low carb (under 26% of the energy from carbs)

**High in** (20%+ of a day) Vitamin E 33% · Omega-3 21%

**Source of** (10–19%) Magnesium 17%

**Recipe and video:** The Doctor's Kitchen (@doctors_kitchen) on YouTube — youtube.com/watch?v=xZP3zSbeUXQ, published 19 November 2024. All credit for the recipe goes to the cook; please watch and support their channel.

**By Notbroken:** the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/pecan-dark-chocolate-almond-cookies