HEALTH-CRUSH

Food for the Body, Mind & Soul

GLUTEN-FREE M'OREO COOKIES

More cookies please...these wholesome "Oreo-like" cookies are a great way to send your kids to school, maybe even heart shaped, and they'll soon be asking for m'oreo 🔅!

SERVINGS	SERVING SIZE	TIME TO MAKE
24 (~1.5" big)	2 Sandwiches	60 MINUTES

INGREDIENTS

Chocolate Cookie

- 1 1/2 cups Gluten-Free Flour (I enjoy Bob's Red Mill or King Arthur 1:1 blend)
- ¹/₂ Cup Unsweetened Cocoa Powder
- 1 teaspoon Baking Soda
- ¹/₂ teaspoon Baking Powder
- ¹/₄ teaspoon Salt
- ¹/₂ Cup (1 stick) Unsalted Butter, room temperature (Coconut Oil option)
- ³/₄ Cup Granulated Sugar
- ¹/₄ Cup Brown Sugar
- 1 Egg, Large
- 1 Tablespoon Vanilla
- 2 Tablespoon Milk (Plant Based Milk option too)

Vanilla Cream Filling

- ¹/₄ Cup Unsalted Butter, room temperature
- ¹/₄ Cup Coconut Oil
- 1 ¹/₂ Cups Powdered Sugar
- 1-2 Teaspoons Vanilla
- 1-2 Teaspoons Milk (Plant Based Milk option)

DIRECTIONS

Chocolate Cookie Directions

- 1. Preheat oven to 350 F, line baking tray with parchment paper or a silicone baking mat
- 2. Using a large bowl, whisk together the flour, cocoa powder, baking soda, baking powder, and salt. Set aside.
- 3. Using a stand mixer/hand mixer, cream together the butter and sugars. Add the egg, vanilla, and milk until mixed well.

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- 4. Add the dry ingredients to the wet mixture, gently mixing until well combined.
- 5. You can use either method, drop cookie method—taking 1 tablespoon of dough and place on cookie sheet and press a small bowl/glass onto dough until flattened to around ¹/₄ inch, or roll out a portion of the dough and use cookie cutters to cut out shape. I used a heart shape cutter that is around 1.5" big. Be mindful that too much re-rolling the dough will make it dry, this is also sticky dough, so I used a silicone rolling mat vs my clothing rolling mat.
- 6. Space cookies 1-2 inches apart
- 7. Bake at 350 degrees F for 6-7 minutes, until done.
- 8. Remove from oven and allow cookies to rest on sheet for 3 minutes, then remove to cooling rack to cool completely

Vanilla Cream Filling Directions

- 1. In a large bowl, using mixer/hand mixer, beat the butter and coconut oil until mixed.
- 2. Add the powdered sugar, vanilla, and milk until smooth

Assemble Sandwiches

- 1. Place 1 tablespoon, or as desired, cream filling onto one cookie, spreading evenly. Press one cookie on top so the cream filling is between both cookies.
- 2. Repeat until all sandwiches are made.
- 3. Enjoy!

Nutritional Information per serving: 148 Calories, 63 grams Fat, 5 gram Saturated Fat, 16 mg Cholesterol, 103 mg Sodium, 22 grams Total Carbohydrates, 1 gram Fiber, 15 grams Sugar, 1 grams Protein, 5% Vitamin A, 0% Vitamin C, 3% Calcium, 5% Iron

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