



## A delicious plant-based recipe for a healthy vegan cookie

Ingredient Mix = 15 cookies	Measure
Vegan Butter	120g
Plain Flour	180g
Aquamin F – Marine Calcium	8g
Vanilla Extract	1tsp
Salt	¼tsp
Caster Sugar	75g
Light Brown Sugar	75g
Atura PC + 2 tbsps. Water (1 egg replacement)	1 tbsp (5g)
70% Dark Chocolate	115g

Nutritional Information Typical Values		
Nutrient:	per <b>100g</b>	per serving (24g)
Energy	1605kJ/383kcal	446kJ/106kcal
Fat	15g	4.2g
of which saturates	6.5g	1.8g
Carbohydrate	55g	15g
of which sugar	31g	8.6g
Protein	5g	1.5g
Calcium	713mg	171mg
Salt	0.36g	0.1g

### Method

1. Preheat the oven at 180°C
2. Line two baking trays with baking parchment
3. Using an electric mixer, beat the sugars and vegan butter in a mixing bowl until a creamy consistency is achieved
4. Add the vanilla extract, salt and Atura protein concentrate and water (or egg). Mix this again with the electric mixer.
5. Sieve the plain flour into the mix and add the Aquamin F. mix again with the electric mixer.
6. Chop the dark chocolate into small chunks and stir into the cookie dough.
7. Place 1 tbsp. (heaped) of cookie dough per cookie onto the baking tray. These will spread out on the tray quite significantly so space the cookies out as much as possible on the tray.
8. Place in the oven and leave for 15-20 minutes.

**We simply shape what nature provides into sustainable protein ingredients, backed with science and market know-how.**