

Wheat-Free, Dairy-Free Oatmeal Chocolate Chip Cookies

I made my first attempt at creating a wheat-free, dairy-free cookie today. Though the results are quickly being consumed, I still feel it is a work in progress. Nonetheless, not bad for a start.

If you don't have oat flour, just grind up oats in the blender, food processor, or spice grinder. I use homemade oat flour frequently. The brown rice flour helps to lighten the texture, as oat flour can be a bit heavy.

I always make cookies in half batches, so you can easily double this for a full batch. I was able to make about 18 two-inch cookies with the recipe as written. For cookies everyday, refrigerate and bake up 6 per day. The dough becomes firm and easy to shape once refrigerated.

Keep in mind, cookie dough made with oil is thicker than cookie dough made with butter. Less oil must be used to prevent the cookies from becoming greasy. Not a bad thing from a fat/calories perspective!

Wheat-Free Oatmeal Chocolate Chip Cookies

- 3/4 cup oat flour
- 1/2 cup brown rice flour
- 1/2 teaspoon baking soda
- 1/8 teaspoon salt
- 1/2 cup brown sugar
- 1/4 cup white sugar
- 1/2 teaspoon real vanilla extract
- 4 to 5 Tablespoons of oil (I used extra-light olive oil, not extra-virgin, though any vegetable oil should work well)
- 1 large egg
- 1/4 cup shredded coconut
- 3/4 cup oats
- non-dairy chocolate chips (I used Trader Joe's Semi-Sweet Chocolate Chips)

Directions:

Combine the oat flour, brown rice flour, baking soda, and salt in a small bowl. In a medium bowl, blend the sugars, vanilla, and oil. Beat in the egg. Slowly add the flour mixture until well combined. Stir in the shredded coconut, oats, and as many chocolate chips as you would like. Bake at 350° for 8 to 10 minutes.