

Chocolate Chip Cookies (from CanPKU News Issue no. 8, June 2012)

Contributor unknown

INGREDIENTS & DIRECTIONS

Mix together until light and fluffy:

1 ¼ Cup Butter

¾ cup brown sugar

½ cup granulated sugar

3 tbl Molasses (acts as a binding agent)

1-2 tsp Vanilla

Combine in separate bowl:

2 cups CBF Baking mix

1 ¼ cup wheat starch

2 tsp Baking Soda

1 tsp salt

2 tsp egg replacer

Add butter mixture to dry ingredients and then add:

Approx 1 Cup semi-sweet Chocolate Chips (weigh them and add desired amount)



Spoon 1 tbl cookie dough (rolled into ball and squished into flat circle) onto ungreased cookie sheet. Bake at 350 degrees for 8-10 mins. Tip: I found that the hotter the baking sheet (after placing multiple sets of cookies in oven) the worse the cookies looked; and foil worked really well vs. parchment.

NUTRITIONAL INFORMATION

When I made this recipe I used approx 250 grams Butter = 6.6exch and 77gr of higher protein chocolate chips (milk chocolate) which came to 16 exch. This batch of cookies came to 23 exchanges and made 70 (2 in x 2 in) cookies = 0.33 exch each!