



## Chocolate-chip cookie ice-cream sandwiches

READY IN



40 min.

SERVINGS



12

CALORIES



726 kcal

DESSERT

### Ingredients

- ☐ 280 g brown sugar light soft
- ☐ 225 g granulated sugar
- ☐ 250 g butter
- ☐ 2 large eggs
- ☐ 1 tbsp vanilla extract
- ☐ 450 g flour plain
- ☐ 2 tsp double-acting baking powder
- ☐ 300 g chocolate roughly chopped
- ☐ 12 servings whipped cream

## Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ baking pan
- ☐ hand mixer
- ☐ wooden spoon
- ☐ spatula

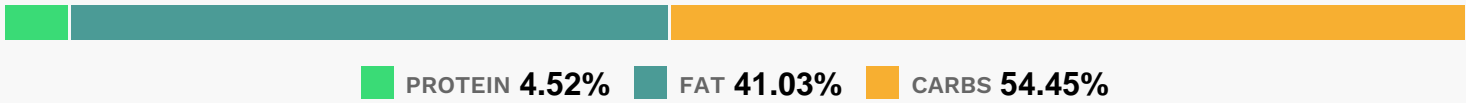
## Directions

- ☐ To make the cookies, tip the sugars and butter into a large bowl. Get a grown-up to help you use an electric hand mixer to blend them together until the mixture looks smooth and creamy, and a little paler in colour.
- ☐ Carefully break in the eggs, one at a time, mixing well between each egg and pausing to scrape down the sides with a spatula.
- ☐ Mix in the vanilla. (To avoid unwanted crunchy bits, get your helper to crack the eggs into a separate bowl first, then its easy to pick out any shell before tipping into the mixture.)
- ☐ Sift in the flour and baking powder, then mix well with a wooden spoon.
- ☐ Stir through the chocolate chunks. Use your hands to squeeze the dough together in 1 big lump, then split into 2 even pieces. Put each piece on a sheet of cling film.
- ☐ Roll each piece of dough in the cling film so that they form thick sausage shapes, then seal the ends.
- ☐ Put them in the fridge and chill for at least 3 hrs or overnight can be frozen at this point.
- ☐ Heat oven to 180C/160C fan/ gas
- ☐ Take the dough rolls out of the fridge, unwrap and use a small knife to slice each one into 12 pieces, so you have 24 in total.
- ☐ Place the slices on a baking tray lined with baking parchment. Ask a grown-up to put this in the oven to bake for 20 mins or until the cookies are golden brown on the edges, but still pale in the centre.

☐

Allow to cool slightly before lifting them onto a wire rack to cool completely. Sandwich the cookies together with ice cream and dig in!

## Nutrition Facts



## Properties

Glycemic Index:32.56, Glycemic Load:49.06, Inflammation Score:-6, Nutrition Score:11.999565278706%

## Nutrients (% of daily need)

Calories: 725.54kcal (36.28%), Fat: 33.93g (52.19%), Saturated Fat: 20.53g (128.3%), Carbohydrates: 101.28g (33.76%), Net Carbohydrates: 98.43g (35.79%), Sugar: 68.49g (76.1%), Cholesterol: 104.83mg (34.94%), Sodium: 291.43mg (12.67%), Alcohol: 0.37g (100%), Alcohol %: 0.23% (100%), Caffeine: 16.5mg (5.5%), Protein: 8.41g (16.83%), Vitamin B2: 0.45mg (26.67%), Selenium: 17.76µg (25.37%), Vitamin B1: 0.33mg (22.06%), Manganese: 0.41mg (20.26%), Folate: 77.45µg (19.36%), Phosphorus: 185.85mg (18.58%), Calcium: 170.49mg (17.05%), Vitamin A: 843.48IU (16.87%), Iron: 2.9mg (16.11%), Vitamin B3: 2.5mg (12.52%), Magnesium: 49.59mg (12.4%), Copper: 0.23mg (11.59%), Fiber: 2.85g (11.4%), Potassium: 293.63mg (8.39%), Zinc: 1.23mg (8.2%), Vitamin B5: 0.75mg (7.47%), Vitamin B12: 0.37µg (6.12%), Vitamin E: 0.86mg (5.71%), Vitamin B6: 0.08mg (4.18%), Vitamin K: 3.37µg (3.21%), Vitamin D: 0.3µg (1.99%)