



Whole Wheat Chocolate Chip Cookies

READY IN



45 min.

SERVINGS



24

CALORIES



215 kcal

DESSERT

Ingredients

- 1.5 teaspoon double-acting baking powder
- 1 teaspoon baking soda
- 8 oz chocolate chips sugar free
- 0.8 cup coconut sugar
- 0.8 cup t brown sugar dark organic
- 2 eggs
- 1.5 teaspoon kosher salt
- 8 ounces butter unsalted cold cut into 1/2-inch pieces (2 sticks)
- 2 teaspoons vanilla extract pure

3 cups flour whole-wheat

Equipment

bowl

baking sheet

baking paper

oven

blender

microwave

spatula

sifter

Directions

Place two racks in the upper and lower thirds of the oven and preheat to 350F. Line two baking sheets with parchment paper. Sift the dry ingredients into a large bowl, pouring back into the bowl any bits of grain or other ingredients that may remain in the sifter.

Add the butter and the sugars. Beat with a standing mixer fitted with a paddle attachment. With the mixer on low-speed, mix just until the butter and sugars are blended, about 2 minutes. Use a spatula to scrape down the sides of the bowl.

Add the eggs one at a time, mixing until each is combined.

Mix in the vanilla.

Add the flour mixture to the bowl and blend on low-speed until the flour is barely combined, about 30 seconds, scraping down the sides and bottom of the bowl


Add the chocolate all at once and mix on low-speed until the chocolate is evenly combined. Use a spatula to scrape down the sides and bottom of the bowl, then scrape the batter out onto a work surface, and use your hands to fully incorporate all the ingredients. Scoop mounds of dough about 3 tablespoons in size onto the baking sheet, leaving 3 inches between them, or about 6 to a sheet.

Bake the cookies for 16 to 20 minutes, rotating the sheets halfway through, until the cookies are evenly brown.

Transfer the cookies, still on the parchment, to the counter to cool. Give them a quick sprinkling with a pinch of sea salt. Repeat with the remaining dough. These cookies are best

eaten warm from the oven or later that same day. They also keep beautifully in the freezer, either by freezing the dough or freezing the cookies once they're cooled. 20-30 seconds in the microwave is all you need to warm one up!

Nutrition Facts

 PROTEIN **4.56%**  FAT **44.88%**  CARBS **50.56%**

Properties

Glycemic Index:6.08, Glycemic Load:2.41, Inflammation Score:-2, Nutrition Score:4.8330434782609%

Taste

Sweetness: 100%, Saltiness: 12.06%, Sourness: 1.11%, Bitterness: 0.57%, Savoriness: 5.32%, Fattiness: 73.18%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 214.77kcal (10.74%), Fat: 11.09g (17.06%), Saturated Fat: 6.72g (42.01%), Carbohydrates: 28.11g (9.37%), Net Carbohydrates: 26.5g (9.64%), Sugar: 15.45g (17.17%), Cholesterol: 33.96mg (11.32%), Sodium: 235.74mg (10.25%), Protein: 2.53g (5.06%), Manganese: 0.62mg (30.85%), Selenium: 10.57µg (15.11%), Phosphorus: 68.85mg (6.89%), Fiber: 1.61g (6.42%), Magnesium: 21.91mg (5.48%), Vitamin B1: 0.08mg (5.15%), Vitamin A: 257.3IU (5.15%), Iron: 0.68mg (3.8%), Vitamin B3: 0.76mg (3.8%), Calcium: 36.69mg (3.67%), Vitamin B6: 0.07mg (3.52%), Copper: 0.07mg (3.46%), Zinc: 0.45mg (2.99%), Potassium: 98.49mg (2.81%), Vitamin B2: 0.05mg (2.65%), Vitamin E: 0.36mg (2.43%), Folate: 8.68µg (2.17%), Vitamin B5: 0.17mg (1.66%), Vitamin D: 0.22µg (1.43%)