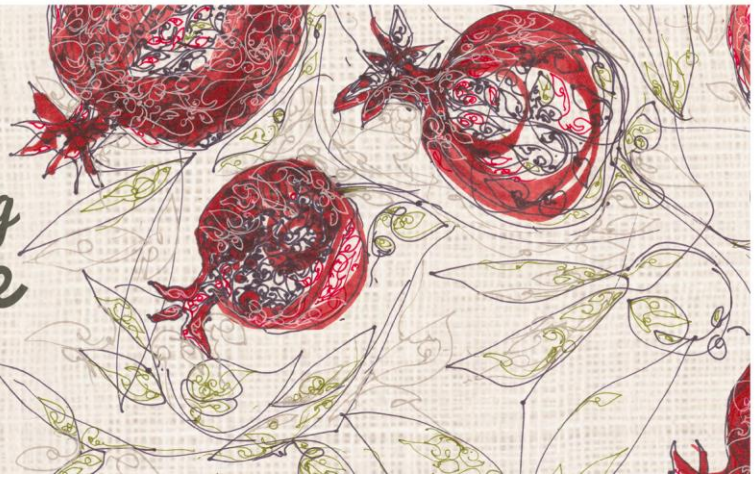




Creating
an
appetite
for life



Spelt & Walnut Chocolate Chip Cookies

Preparation 15 minutes **Cooking** 20 minutes **Makes** 1250g mix- 25g per biscuit approximately 50 biscuits
Cost \$0.30 each including walnuts (based on supermarket prices) **Season** Any
Ability Medium **Can Freeze** **Equipment** Oven and mixing machine

The benefits: Nuts like the walnuts used in this recipe are high in energy, protein and fibre – ensuring that each biscuit packs a nutritional punch! Nuts can be ground down if need be.

Ingredients

(190g) 1 cup medium soft brown sugar
(230g) 1 cup unsalted butter, softened
½ cup extra virgin coconut oil
2 teaspoons pure vanilla bean extract
2 large free range eggs
2 teaspoons baking powder
¼ teaspoon sea salt flakes
3 cups wholemeal spelt flour
1 ½ cups chocolate chips (70% chocolate chips)
1 cup chopped walnuts (optional)



Method

Preheat the oven to 175C, grease and line 3 oven trays with parchment paper.

In an electric mixer, cream the sugar, butter, coconut oil and vanilla on high, until fluffy, light and aerated.

Add the egg one at a time, beat well.

Fold in the combined baking powder, sea salt, flour and choc chips, bring together by turning the machine onto low speed and mixing until a smooth dough is formed.

Roll the mix into 25g balls, press down slightly and place onto the oven trays, distance evenly apart.

Bake in the preheated oven for 12-15 minutes, until golden and cooked, remove from the oven and place on a cooling wire.



Nutritional Analysis

Nutrient	Per serve (25g)	Per 100g
Energy (kJ)	525	2102
Protein (g)	1.5	6.3
Fat (g)	8.3	33.1
-Saturated Fat (g)	4.9	19.6
Carbohydrate (g)	11.4	45.6
-Sugar (g)	5.6	22.6
Fibre (g)	0.5	1.8
Sodium (mg)	72	289



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Nutrition analysis performed by Nutrition & Dietetics, Flinders University.

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