



NOT SO TRADITIONAL CHOCOLATE CHIP COOKIES

www.thesheepareout.com

These cookies are an upgrade from the traditional chocolate chip cookies of my childhood, with a few tweaks to make them fit our current dietary needs. Spelt flour is wheat free, but does have some gluten so feel free to use a gluten free flour blend if that is your goal. My goal was to create cookies that taste amazing and that you can feel good about eating. These also make for excellent ice cream sandwiches... I'm just saying...

INGREDIENTS:

2 cups spelt flour (or whole wheat)	1 cup brown sugar
¼ cup chia meal (see note)	½ cup white sugar
1 tsp. baking soda	1 tsp. vanilla extract
1 tsp. salt	2 large eggs
1 cup (2 sticks) good quality dairy free margarine (or butter), softened	2 cups semisweet chocolate chips

DIRECTIONS:

1. Preheat your oven to 375°. Set aside an ungreased baking sheet.
2. Combine the spelt flour, chia meal, baking soda and salt in a small bowl. Set this aside.
3. Combine the softened margarine (or butter), sugars and vanilla in a large bowl either by hand or with an electric beater or stand mixer. Make sure the mixture is smooth and creamy.
4. Add the eggs, one at a time, to the butter mixture, combining well.
5. Carefully add the flour mixture to the butter mixture, stirring slowly at first so that you don't create a flour cloud by beating your ingredients too enthusiastically. Make sure that the dough is smooth and thoroughly combined.
6. Add the chocolate chips, stirring just to distribute them throughout.
7. Using two spoons (or a small scoop if you are feeling fancy) scoop out and drop tablespoon-sized portions of dough onto the baking sheet, spacing them a few inches apart since the dough will spread while baking.
8. Bake the cookies for 9-11 minutes or until nice and golden brown. The cookies should not look wet in the middle, but will be soft when you take them off of the tray. Don't worry, they will firm up as they cool. Remove the tray from the oven and let the cookies sit for about 5 minutes before moving them to a cooling rack. They can be cooled completely or served immediately. Just warn little mouths about the potential for hot, melted chocolate chips.
9. You can continue baking the cookies until the dough is done, or take any dough that you don't wish to bake now, form it into a log on plastic wrap, cover it securely and keep it in the freezer until you are ready to slice and bake the cookies. You may need to increase the baking time by a few minutes, so watch them carefully towards the end. The dough can be frozen for a few weeks.

***Note:** Make your own chia meal by blitzing up chia seeds in a coffee grinder or food processor. You can also do the same with flax seeds, or make oat flour by blitzing up whole oats (not instant, please). Store any extra chia meal in the freezer to keep it fresh.*