

HEALTHY WHOLEGRAIN CHOCOLATE CHIP COOKIES

Vata↓, Pitta ↓, Kapha↑

Makes 24 cookies / Prep Time: 15 minutes / Cook Time: 10 to 15 minutes

INGREDIENTS

- 2 cups of 100% whole wheat flour
- 1/2 teaspoon baking soda
- 1/4 teaspoon cinnamon powder*
- 1/8 teaspoon cardamon powder*
- 1/4 teaspoon ginger powder*
- 1/8 teaspoon turmeric powder*
- 1/2 teaspoon salt
- 2 eggs
- 1/2 cup maple syrup
- 1 tablespoon molasses
- 1/2 cup melted ghee (get recipe here)
- 1 teaspoon vanilla extract
- 1 cup dark chocolate chips (optional, omit for Vata imbalance)

*These spices can be replaced with 3/4 tsp of the Ayurvedic Breakfast Spices.

DIRECTIONS

1. Preheat the oven to 325 degrees.
2. In a large mixing bowl, combine the flour, baking soda, cinnamon, cardamon, ginger, turmeric, and salt.
3. In a medium mixing bowl, combine the eggs, maple syrup, molasses, melted ghee, and vanilla extract. Blend well until this wet mixture is thoroughly blended.
4. Add the wet ingredients to the dry ingredients in the large mixing bowl. Blend on a medium setting until there is no sign of dry ingredients and everything looks evenly blended.
5. Add the chocolate chips (if used) and manually mix with a large spoon.
6. Once the dough and chips are evenly mixed, place parchment paper on two cookie sheets. Using a teaspoon, scoop the dough up and begin to roll in your hands until you form a nice cookie dough ball. Place on the cookie sheet, flatten slightly with your fingers (see pic above) and repeat. Remember to use the measuring spoon to ensure equal size cookies and even cooking.
7. Once you have 12 cookies on each sheet (I did one dozen chocolate chip, one dozen plain ginger spice), place these in the preheated oven and set the timer for 10 minutes.

8. Check on the cookies at 10 minutes. Once done, the cookies will look golden brown and slightly dry. If needed, continue to cook, checking every minute until they are done.
9. Take the cookies out of the oven and using a spatula, place them on a wire rack to cool.
10. Enjoy these healthy treats as a decadent snack or a guilt-free dessert. They go amazingly with a cup of chai or golden milk.