



Featured Grain: Spelt Flour from Western Asia and Europe

Chocolate Chip Walnut Cookies

Thick textured chocolate chip cookies with a nutritious touch

- 2 cups whole grain spelt flour
- 1 teaspoon fine kosher salt
- 1/2 teaspoon baking soda
- 1/2 cup unsalted butter
- 1/2 cup granulated sugar
- 3/4 cup dark brown sugar
- 1 large egg
- 2 teaspoons pure vanilla extract
- 1 cup dark chocolate chips
- 1 cup chopped walnuts

- Preheat oven to 400 degrees F. Line two large cookie sheets with parchment paper.
- In a medium bowl, whisk flour, salt, and baking soda together; set aside.
- In a mixing bowl, cream butter, granulated sugar, and brown sugar until very light and fluffy.
- Add egg and vanilla; mix well until the mixture is light and fluffy. Clean the sides of the bowl occasionally as needed.
- Add the dry ingredients; mix on low speed only until dough forms.
- Stir in chocolate chips and chopped walnuts. The dough will be very thick.
- Scoop about 50 grams or 1.7-ounce portions of dough; roll into balls; place cookies on prepared cookie sheets about 2 to 3 inches apart. Space and stagger them apart.
- Bake cookies until edges just begin to brown about 12 to 14 minutes.
- Remove cookies from oven; let rest about 10 minutes; remove to cooling rack to cool completely. Yield: about 18 cookies

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About the Recipe: If you want to have a delicious and healthy chocolate chip cookie, this one is made with a nutritious grain, filled with rich chocolate flavor, and so addictive that one cookie will never be enough. It is a close cousin to your favorite chocolate chip cookies and is so easy to make.

What is Spelt flour?

Spelt flour, an ancient grain, can be used as a 1-1 substitute for whole wheat flour or all-purpose flour. Spelt adds a nutty lightly sweet flavor and has high amounts of protein, fiber, and important nutrients. It is highly digestible, but It's not a gluten-free flour. It adds a depth of flavor to baked products.