

Chocolate Chip Cookies

1 cookie = 1 grain, 2 fats

1 cookie = A snack, 2 cookies = B snack

Ingredients

1/2 cup butter (1 stick) softened
1/2 cup white (granulated) sugar
1/2 cup light brown sugar packed
1 tsp pure vanilla extract
1 large egg
1 1/2 cups all-purpose flour
1/2 tsp baking soda
1/4 tsp baking powder
1/2 tsp sea salt
1 cups chocolate chips

Instructions

1. Preheat oven to 375 degrees F. (365 if your oven runs hot). Line a baking pan with parchment paper or a silicone mat and set aside. You can also spray with nonstick cooking spray if you don't have either of these.
2. In a separate bowl mix flour, baking soda, salt, baking powder. Set aside.
3. Using a mixer, cream together butter and sugars until combined.
4. Beat in egg and vanilla until fluffy.
5. Mix in the dry ingredients until combined.
6. Add chocolate chips and mix well.
7. Roll dough into 2" balls and place them evenly spaced on your prepared cookie sheets.





8. Bake in preheated oven for approximately 8-10 minutes. Take them out when they are just **BARELY** starting to turn brown.



9. Let them sit on the baking pan for 2 minutes before removing to cooling rack.

