Gluten Free Chocolate Chip Walnut Cookies

Makes 3 dozen cookies
Adapted from kingarthurbaking.com

16 tablespoons butter, at room temperature
1 cup (213 g) brown sugar, very firmly
  packed
½ cup (99 g) granulated sugar
2 teaspoons gluten-free vanilla extract
1 teaspoon salt
2 large eggs
2⅓ cups (364 g) King Arthur Gluten Free
  All-Purpose Flour
1 tablespoon nonfat milk powder
2 teaspoons xanthan gum
1 teaspoon baking powder
1 teaspoon baking soda
2 cups chocolate chips
1 cup chopped walnuts

Directions

Mix the butter, sugars, salt and vanilla together in a large bowl. Add the eggs, one at a time, until everything is well combined.

Whisk together the flour, nonfat milk powder, xanthan gum, baking powder and baking soda. Blend the dry ingredients into the butter mixture, and then blend in the chocolate chips and nuts. Cover the bowl and refrigerate for at least one hour, or for up to 2 days.

Preheat the oven to 350°. Lightly grease a few baking sheets or line them with parchment paper. Scoop tablespoon-sized balls of dough onto prepared baking sheets, leaving about 2" between so the cookies can spread. Bake for 15 minutes, or until golden brown. Remove from the oven and let them rest on the baking sheets for 5 minutes. Transfer to a wire cooling rack to cool completely or let them cool right on the baking sheets.

NUTRITION INFORMATION PER 2 COOKIES	
Calories	368
Protein	4 g
Carbohydrate	42 g
Fiber	5 g
Fat	22 g
Sodium	325 mg
Potassium	55 mg

Cost per batch: $5.90
Cost per 2-cookie serving: about 33 cents

For more healthy recipes, visit YRMCHealthConnect.org

Yavapai County's leading healthcare blog for health and wellness news from Dignity Health, Yavapai Regional Medical Center.

Baking Tips

- Refrigerate the dough for at least one hour before baking.
- After refrigeration, the dough can be scooped into balls, wrapped well, and frozen for up to several months. Bake the cookie dough straight out of the freezer, adding a minute or so to the baking time.
- To make sure your oven temperature is right, bake a sample cookie first. If the cookie spreads too much, raise the oven temperature slightly. If it doesn't spread enough, lower the oven temperature slightly, or flatten the dough balls a little before baking.