

PPLD Young Adult Services Tutorial:

Eggless Cookie Dough

Description:

Make easy cookie dough with no eggs for worry-free snacking!

Supplies:

1 cup flour (*have more to be safe, ~1 1/4 or 1 1/2 c)
1/2 cup brown sugar
1/4 cup sugar
8 TBSP softened butter
1 tsp vanilla extract
2 1/4 TBSP milk (*have more to be safe)
1 pinch of salt
Chocolate chips

Link to Youtube tutorial:

<https://youtu.be/mlNzFyrszq4>

Supporting Links:

- [CDC Warning on Raw Flour](#)
- [More Info on Heat Treating Flour](#)
- [Tips on how to customize your eggless cookie dough recipe](#)
- [A single recipe of eggless cookie dough you can use!](#)



Instructions:

1. Raw flour can be dangerous to eat! Heat treat your flour by heating it to 165 F in the microwave or oven. You can microwave in 30 second intervals (stirring in between) for about 1 1/2 minutes or bake in the oven at 350 F for about 10 minutes. This will kill bacteria like E. coli in the flour, so just make sure it reaches that temperature! Tip: heat a little over a cup of flour to be sure you will have enough and don't have to go back and heat more—1 1/4 or 1 1/2 cup.

2. Measure out 1/2 cup brown sugar, 1/4 cup sugar, and 8 TBSP (1 stick) of butter into a mixing bowl. Cream them together.

3. Add 1 TSP vanilla and about 2 1/4 TBSP milk and mix.

In this recipe, we're going to be adjusting the milk and flour we add until we reach the consistency we want. Start with the amount listed here, but if you need to add more milk at the end you can go back and do so!

4. Mix a pinch of salt into your heat-treated flour, then start measuring that mixture into the dough. Add about 1/4 cup of the flour/salt mixture at a time, mixing in between, until you reach the consistency you want. In this recipe, I ended up adding 1 cup, but you may want more for a thicker cookie dough or less for a thinner one. If you add too much flour, you can put some milk in to correct that!

5. Add the number of chocolate chips that make you happy! I added about 1/2 cup of butterscotch chocolate chips. Mix them in on the lowest setting.

6. Enjoy your cookie dough! This makes several servings, so you can store it in the fridge if you don't eat it all in one sitting!