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## Chocolate Chip Cookies

<u>Before</u>	<u>After</u>
1 cup margarine or butter softened	1 cup butter from organic, grass fed cows
¾ cup brown sugar AND ¾ cup granulated sugar	½ cup organic Sucanat or Rapunzel Rapadura sugar
1 egg	1 egg from local, naturally raised chicken, not grain fed
2 ¼ cup all-purpose flour	1 ¾ cup whole grain flour: spelt, kamut, oat, teff, corn, etc.
1 tsp. baking soda	1 tsp. baking soda
½ tsp. salt	½ tsp. unrefined sea salt
3 tsp. vanilla	3 tsp. real vanilla
1 – 12 oz. package semi sweet choc. chips	1 – 12 oz. package organic semi sweet or bittersweet chocolate chips, read labels to avoid synthetic ingredients and refined sugars
	Optional: ½ - 1 tsp. cinnamon
Optional: 1 cup coarsely chopped nuts	Optional: 1 cup coarsely chopped organic nuts
Bake at 375 F for 8-10 minutes	Bake at 350 F for 10 minutes

Melt butter on low heat.

Beat egg and mix in butter, vanilla and sugar.

Stir in flour, b. soda and salt, cinnamon if desired.

Mix in chocolate chips and nuts if desired.

Let dough sit for 5-10 minutes for whole grains to soak up liquid. If they are then the desired consistency for cookies, go ahead and bake. If dough is not stiff enough, add more whole grain flour 2 tbsps. at a time. I will bake the first cookie alone to make sure they are not going to spread out all over the baking sheet.

Drop by rounded tsp., yes tsp., and bake.

Enjoy!

If you would like more personalized attention around food, health and healing please contact Paula Youmell to set up a Nutrition and Health Consultation. She can be reached at the contact information above.

Enjoy radiant health today and every day!

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