

Chocolate Chunk Red Lentil Cookies

MADE WITH RED LENTIL FLOUR



INGREDIENTS

- 1 cup salted butter softened
- 1 cup granulated sugar
- 1 cup light brown sugar packed
- 2 teaspoons pure vanilla extract
- 2 large eggs
- 2 ½ cups all-purpose flour
- ¾ cup red lentil flour
- 1 teaspoon baking soda
- ½ teaspoon baking powder
- 1 teaspoon sea salt
- 2 cups chocolate chunks
(or substitute with 1 ½ cups chocolate chips - 12 oz)

INSTRUCTIONS

1. Preheat oven to 375°F (190°C). Line three baking sheets with parchment paper.
2. In a medium bowl, whisk together flours, baking soda, baking powder, and salt. Set aside.
3. In a large bowl, cream together butter and sugars until well combined.
4. Beat in eggs and vanilla until light and fluffy (about 1 minute).
5. Mix in the dry ingredients until fully incorporated.
6. Stir in the chocolate chunks/chips.
7. Roll 2-3 tablespoons of dough into balls and place evenly spaced on prepared baking sheets.
8. Bake for 8-10 minutes, until edges are just beginning to brown.
9. Let cookies rest on the baking sheet for 5 minutes, then transfer to a cooling rack.



WHY LENTIL FLOUR?

Red lentil flour adds protein, fiber, and nutrients while giving baked goods a light, nutty flavour.