

Low FODMAP One-Bowl Chocolate Chunk Cookies



Like Chocolate Chunk Cookies? Hate clean-up? Want to get them into your mouth as soon as possible? This recipe for Low FODMAP One-Bowl Chocolate Chunk Cookies is your new best friend.

Low FODMAP Serving Size Info: Makes about 2 dozen cookies; serving size 1 cookie

Course: Dessert, Snack

Cuisine: American

Prep Time: 10 minutes

Cook Time: 12 minutes

Total Time: 22 minutes

Makes: 24 cookies

Calories: 303 kcal

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Ingredients:

- 1 cup (2 sticks; 226 g) unsalted butter, at room temperature, cut into pieces
- 1 cup (213 g) firmly packed light brown sugar
- 1/2 cup (99 g) sugar
- 2 teaspoons vanilla extract
- 2 large eggs, at room temperature
- 2 1/3 cups (338 g) low FODMAP gluten-free all-purpose flour, such as Bob's Red Mill Gluten Free 1 to 1 Baking Flour
- 1 teaspoon baking soda
- 1 teaspoon salt
- 12- ounces (340 g) dark chocolate, cut into approximately 1/2 inch (12 mm) pieces (about 2 cups); we like 60% to 70% cacao
- 1 1/3 cups (132 g) toasted walnut or pecan halves, chopped (optional)

Preparation:

1. Position racks in upper and lower thirds of oven. Preheat oven to 375°F/190° Line two half-sheet baking pans with parchment paper.
2. Melt the butter in a microwave safe bowl in the microwave - or melt in a saucepan and then transfer to a large mixing bowl (in which case this will be one bowl and one pot!). Using a whisk or a sturdy wooden spoon beat in the brown sugar, sugar and vanilla until very well combined. Let the mixture cool to room temperature at this point. Beat in the eggs, adding one at a time to better incorporate them.
3. Sprinkle the flour over the wet mixture along with the baking soda and salt, stirring as you go. When a few floury streaks remain, stir in the chocolate and nuts if using (see headnote above under One Recipe - Three Versions). If you want some of the cookies to have nuts, simply divide the dough at this point and stir in HALF the amount of nuts listed above in the ingredient list. Proceed to baking or cover dough with plastic wrap and chill for 2 hours or overnight.
4. Form golf ball sized balls and place the cookies 8 per pan, spaced evenly apart. No need to press them down. Bake for about 9 to 12 minutes total, rotating the pans front to back and moving from upper rack to lower rack halfway through baking, until lightly browned with the edges firmer than the centers, which should be soft. This will give you chewy cookies with a thin, crispy edge. If you want your cookies crisp through and through simply bake a minute or two longer until golden brown all over. Remember that the cookies firm up tremendously upon cooling.
5. Cool cookies completely on pans set on racks. (Make subsequent batches with cooled pans). Cookies are best served the same day but may be stored at room temperature in an airtight container for up to 3 days.

Notes:

If You Can Tolerate

- **Fructans:** If you have passed the wheat fructan challenge you can use conventional all-purpose flour. Use weights for best equivalent substitution. Note that the recipe will no longer be gluten-free.

Nutrition Facts

Low FODMAP One-Bowl Chocolate Chunk Cookies

Amount Per Serving

Calories	303	Calories from Fat	162
% Daily Value*			
Fat	18g	28%	
Saturated Fat	3g	15%	
Cholesterol	1mg	0%	
Sodium	150mg	6%	
Potassium	101mg	3%	
Carbohydrates	32g	11%	
Fiber	2g	8%	
Sugar	16g	18%	
Protein	3g	6%	
Vitamin A	5IU	0%	
Calcium	10mg	1%	
Iron	1.7mg	9%	

* Percent Daily Values are based on a 2000 calorie diet.