

low fodmap chocolate chip cookies

Author: The FODMAP Formula *Total Time:* 25 minutes *Yield:* 36 Cookies 1x

Curb your sugar cravings with these low FODMAP chocolate chip cookies. Ready in a flash, they make a great kid-friendly dessert or snack.

INGREDIENTS

- 1 cup butter, softened
- 1 cup granulated sugar
- 1 cup brown sugar, packed
- 2 eggs
- 2 tsp vanilla extract
- 1 tsp baking soda
- 2 tsp warm water
- 1/2 tsp salt
- 2 cups low FODMAP chocolate chips
- 3 cups low FODMAP all-purpose flour

INSTRUCTIONS

1. Preheat oven to 350 degrees. Cream together butter and both sugars until fluffy. Add the eggs one at a time until they make a paste.
2. Add vanilla. Dissolve the baking soda in warm water and add to paste along with the salt. Stir in chocolate chips. Add the flour and stir a final time.
3. Drop dough onto an ungreased baking sheet and cook for 13 – 15 minutes (until edges are brown). Cool on a wire rack.

NOTES

Make sure the cookies aren't too large, or they won't cook through in the center. If you're looking for something extra fancy, top with a dollop of fresh whipped cream when they're fresh out of the oven.

NUTRITION

Serving Size: 2 cookies *Calories:* 387 *Sugar:* 37 g *Sodium:* 156 mg *Fat:* 19 g

*Saturated Fat: 11 g Unsaturated Fat: 3 g Trans Fat: 0 g Carbohydrates: 56 g Fiber: 2 g
Protein: 4 g Cholesterol: 57 mg*

Find it online: <https://www.fodmapformula.com/low-fodmap-chocolate-chip-cookies/>