

# 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/>*