

Low FODMAP Tahini Chocolate Chip Cookies

Serves: 15

Prep: 10 minutes

Cook: 15 minutes



Stack Cup

Ingredients	Metric	Imperial
Butter, unsalted	100 g	3.5 oz
Tahini, unhulled	150 g	5.3 oz
Sugar	150 g	5.3 oz
1 egg		
1 tsp vanilla extract		
1 1/2 cups gluten free flour	180 g	6.3 oz
1/2 tsp baking soda		
1/2 tsp baking powder		
1 tsp salt		
Dark chocolate chips	200 g	7.1 oz

Method

1. Preheat oven to 180°C/350°F and line a baking tray with baking paper/parchment.
2. In a medium/large size mixing bowl, use an electric mixer to cream the butter, tahini and sugar for 5 minutes on a medium speed. The mixture should be light and creamy in colour.
3. Add egg and vanilla. Mix for a further 2 minutes.
4. Sift flour, baking soda, baking powder and salt into the bowl with the creamy mix. Use a spoon or a spatula to mix all ingredients until well combined, forming a dough.
5. Fold in chocolate chips and mix until the chocolate is evenly spread throughout the dough.
6. Use a spoon to form the dough into about 15 balls and place on the pre prepared baking tray about 5cm apart, and press down slightly. If you have any extra chocolate chips, decorate these on the tops of the cookies.
7. Bake for approximately 15 minutes or until golden and brown. Allow 10-15 minutes cooling before eating.

Hints

- Store cookies in an airtight container for up to 1 week.
- Dunk them in a lactose-free milk (or your choice of calcium fortified alternative) to up your calcium intake!

Nutrition Information (per serve)	
Energy	1109 Kj / 265 cal
Protein	3.60g
Carbohydrates	27.00g
Sugar	17.40g
Total Fat	15.90g
Saturated Fat	6.90g
Fibre	1.80g