

Market District Demo Recipes

Dessert



THE OHIO STATE
UNIVERSITY

WEXNER MEDICAL CENTER

Tahini Chocolate Chunk Cookies

Serves: 12

Modified from: www.RachaelGoodEats.com

Items Needed: cutting board, knife, measuring spoons, measuring cups, medium mixing bowl, whisk, stirring spoon, baking sheet, parchment paper, 2 metal spoons

Ingredients:

- 1 egg
- ½ cup tahini
- 1 teaspoon vanilla extract
- 3 Tablespoons maple syrup (or substitute honey)
- 3 Tablespoons butter, melted and cooled to room temperature (or substitute coconut oil)
- 1/3 cup cocoa powder
- 2 Tablespoons all-purpose flour (or substitute almond flour)
- Pinch flakey sea salt, plus more for topping
- ¼ teaspoon baking soda
- 1/3 dark chocolate bar, coarsely chopped (or substitute 1/3 cup dark chocolate chips), plus more for topping

Directions:

1. Preheat oven to 350 F. In a large bowl, whisk together egg, tahini, vanilla, maple syrup, and butter until well-combined.
2. Tablespoon by tablespoon, fold in cocoa powder, all-purpose flour, sea salt, and baking soda until well-combined. Then, fold in dark chocolate into dough.
3. Using spoons, transfer dough to a parchment paper-covered baking sheet to make about 12 cookies.
4. Bake for 8-9 minutes. Let cool for at least 5 minutes before enjoying.

Nutrition Information (per 1 cookie):

Calories: 130 Fat: 10 g Carbs: 9 g Protein: 3 g Fiber: 2 g Sodium: 50 mg