



Chocolate Chip Sprinkle Oatmeal Cookie

Maintenance foods to mix into cookies: nuts, seeds, chickpeas, flour

Supplies needed:

- Mixer machine
- ¼ cup cookie dough scooper (optional - for measuring cookie dough size)

Ingredients:

- Maintenance nuts/seeds/chickpea/flours ground
- ½ cup unsalted butter (room temperature)
- ¼ cup granulated brown sugar (light or dark)
- ¼ cup granulated white sugar
- 1 tablespoons vanilla extract
- 1 egg
- 1 cup All Purpose Flour (not packed, a little less than 1 cup is better than more!)
- 1 ½ cup old-fashioned oats (steel cut)
- ½ teaspoon baking soda
- ¼ teaspoon salt
- ¼ teaspoon cinnamon
- ½ cup white or semi-sweet chocolate chips or raisins or other dried fruit (optional)
- ½ cup sprinkles, yogurt chips of choice (optional)



*¼ cup cookie dough per cookie + ½ cup dosing foods

Instructions:

1. Mix flours, oats, baking soda, salt, and cinnamon in a bowl and set aside
2. In the mixer machine, mix soft butter with both sugars until fluffy with the paddle attachment
3. Mix in egg and vanilla for ~2 minutes until fluffy again (scrape sides of bowl often)
4. Mix flour mixture into the butter until just combined
5. Add in chocolate chips or raisins
6. Measure ¼ cup cookie dough balls and stir in all nuts/seeds into each ¼ cup ball of cookie dough
7. Press sprinkles on top of each cookie (optional)

Please carefully review the ingredients listed above. It is your responsibility to ensure that your child can safely enjoy any of our Southern California Food Allergy Recipes or other food-related documents. Each child in our program has a unique allergic profile and is at a different stage in their journey to food freedom. Use good judgment. If your child has not yet been cleared to consume the foods listed above then choose another recipe or substitute accordingly.

This Recipe Contains The Following Top 8 Allergens As Primary Ingredients: peanuts, tree nuts