



The Wonderful Mesquite: *Chocolate Chip Cookies Using Mesquite Flour*

These mesquite cookies are easy to make, low on the glycemic index, and high in protein. Mesquite flour works well as flour substitution and is gluten free. See notes below for ideas on ways to make this a family and math extension activity.

Prep: 25 minutes **Bake:** 8 - 10 Minutes
Oven: 375° **Makes:** 24 Cookies
Total Time: 40 minutes

Wet Ingredients:

1/4 cup - butter (room temperature)
1 egg (room temperature)
1¼ teaspoon - vanilla
2 teaspoons - dark honey

Dry Ingredients:

3/4 cup - mesquite flour
1 cup - cashew flour
1/4 cup - mesquite powder
1 tsp - salt
1 tsp - baking soda
1/4 cup - raw cane sugar
1/4 cup - light brown sugar
1/2 cup - milk chocolate chips or chunks

Procedure:

1. Preheat oven to 375°. Line two cookie sheets with parchment paper or spray with non-stick cooking spray, set aside. In a medium bowl combine flours, mesquite powder, salt and then set aside.
2. Using an electric or hand mixer, cream together the butter and sugars for approximately 30 seconds on the low setting. Add honey, baking soda, and vanilla, beat for 15 seconds. Scrape sides of bowl to make sure the mixture becomes well incorporated. Add egg and beat for an additional 15 seconds.
3. Begin introducing the dry ingredients to the wet in small increments (~1/2 cup at a time), let mixture come together before adding more of the flour mixture. Scraping the side of the bowl frequently, the dough should feel sticky.

4. Once the dry and wet ingredients resemble a coarse cookie dough, add the chocolate chips, mixing only until they are well combined.
5. Shape cookie dough into small balls (1 tablespoon) and place them on the prepared cookie sheets 2 inches apart. Put in the oven.
6. Bake cookies for around 8 minutes at 375°.
7. Carefully remove cookies from oven. Leaving them on the trays, set them aside for 4 minutes then move cookies to a wire rack and let completely cool.
8. Enjoy your Mesquite Flour Chocolate Cookies!

Hello Reader,

I wanted to make this cookie recipe fun and easy to use. Below you'll find my notes, how you can adjust the recipe, and easy ways to get kids to help make these cookies. I had my kids help me make the cookies while incorporating math into the activity. I handed my son the wrong sized measuring spoon or cup and asked him to figure out how many scoops of an ingredient we needed to add to the mix. To be honest, I also didn't want to have to clean as many dishes. I handed him the $\frac{1}{4}$ cup- scoop. He had to figure out how many scoops of flour we needed per type and then tell me the total amount we used. I did the same for the measuring spoons. My daughter had to count the cookies as we shaped them, then I would put a few on the tray and have her count (add or subtract) to see how many more we needed per tray or how many cookies we still needed to shape. For example, I shaped 12 cookies and took three from the counter to put on the tray, then I asked her how many more we would need to have a total of 6 cookies on the tray. This not only helped them practice math and learn how to bake, but it also helped me get through all the different batches of cookies quicker. It also brought us together for a fun activity and take a break from digital learning.

Sincerely,

Mary

Notes:

This cookie recipe went through numerous changes and iterations; there have been around 10 batches cookies eaten (for the most part) in this house recently. Using a mixture of cashew flour and mesquite flour seemed to be a best mix, it made the cookies chewy and crunchy at the same time. Plus, they are gluten free! Just to let you know, don't try using coconut flour, it tasted awful and we had to completely throw that batch away; it really was that gross. The mix of cashew and mesquite flours and raw sugar gave the cookies a nice texture. My family decided that milk chocolate chunks helped balance out the sweet to bitter taste. My husband said that the mesquite flour had a unique bitter flavor. My daughter liked the cookies, especially when we used the milk chocolate chunks. This recipe was the best tasting of our different mesquite flour cookie experiments.

My house is located just about 3,200 feet above sea level. Depending on your elevation you'll want to try adjusting the temperature of your oven either 15° up or down; up for below 3,000' and down for 6,000' plus. I found that 8 minutes of cooking time worked perfectly; they tended to become overbaked if left in the oven too long. They should become a nice chocolatey color. One more quick note, spray your hands with cooking spray before you start shaping the cookies the dough is sticky!