

Great Harvest Buckwheat Chocolate Chip Cookie



INGREDIENTS

- 2 cups buckwheat (*already ground into flour*)
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 1 cup brown sugar, packed (*original recipe called for 2 cups but one is plenty*)
- 1 cup butter, softened
- 2 cups rolled oats
- 2 eggs
- 2 tablespoons molasses
- 1 tablespoon milk
- 1 cup of pecans, walnuts or almonds (*take your pick*)
- 1 (12 ounce) pkg semisweet chocolate chips

PREPARATION

1. Preheat oven to 350 degrees F. Combine flour, baking powder, baking soda, and salt; set aside.
2. Beat together brown sugar and butter until well combined.
3. Add oats, eggs, molasses, and milk; beat well.
4. Add dry ingredients to beaten mixture; beat until blended. Stir in nuts and chocolate chips.
5. Using a 1/4 cup measuring cup, scoop dough and drop about 3 inches apart onto ungreased cookie sheets.
6. Bake at 350 degrees F for 12 to 13 minutes, until just starting to brown around the outside.
7. Cool 2 minutes on cookie sheets. Remove and cool on racks.
8. Makes 24 giant cookies

Buckwheat is really a grass; therefore, it is a gluten free grain. It is a staple in Himalayan countries like India.

Buckwheat is a high protein grain similar to spelt, but it is limited in the amino acid tryptophan. It is a very good source of B vitamins as well as the minerals manganese, magnesium, phosphorus, copper, iron, zinc, selenium, & potassium. It also contains phytochemicals which act as antioxidants in the body.

Adapted from source: Great Harvest Bread Company

Notes: I grind my buckwheat with a blender, this leaves some grouts just partially ground but good nutty texture for the cookie.