Chocolate Chip Avocado Cookies

Recipe by: Chef Jonathan Poyourow, RD, LD
Yield: 18 cookies

Photo credit: *Edward Lynch '20, Stephen Spencer, Advisor, JWU Student Food Photography Club*

Ingredients:

½ cup all-purpose flour
½ cup white whole wheat flour
⅓ cup cocoa powder
½ teaspoon kosher salt
¼ teaspoon baking soda
1 ripe avocado (about 1 cup mashed)
½ cup granulated sugar
⅓ cup firmly packed brown sugar
1 egg
1 teaspoon vanilla extract
1 cup semi-sweet chocolate chunks

Method of Preparation:

1. Preheat oven to 350 degrees. Line two baking sheets with parchment paper; set aside.
2. In a medium bowl, whisk together all-purpose flour, white whole wheat flour, cocoa, salt and baking soda; set aside.
3. In a large bowl, using an electric mixer, beat together avocado, granulated sugar, brown sugar, egg and vanilla until well blended and smooth. Gradually beat in flour mixture until well blended. Stir in chocolate chunks.
4. Refrigerate dough for 15 minutes.
5. Using a two-tablespoon scoop, evenly scoop dough onto baking sheets. Bake 12 minutes or until almost set. Remove and let stand two minutes, then remove cookies and place on a wire rack to cool.

Nutritional Analysis:
Calories: 130
Carbohydrates: 22 g
Sodium: 75 mg
Protein: 2 g
Fat: 5 g
Fiber: 2 g

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