



By Alice Henneman at ahenneman1.edu

Imagine enjoying a gluten-free chocolate chip cookie that tastes just as good as a regular cookie! Sorghum flour is a wholesome, hearty grain that provides a mild flavor that won't compete with the delicate flavors of other food ingredients.

Sorghum has been described as the new super grain because of its nutritional components and pleasing taste. Read more about it at www.simplysorghum.com/nutrition

Here's a recipe dietetic intern, Rachel Lukowski, made and she and I sampled. We declared it delicious!

Recipe by: Barbara Kliment, Nebraska Grain Sorghum Board at sorghum.board@nebraska.gov

Ingredients (Makes about 48 small cookies)

- 1 cup butter or margarine
- ½ cup sugar
- ½ cup gluten-free brown sugar, firmly packed
- 2 eggs
- 1 teaspoon gluten-free vanilla
- 2 ¼ cups gluten free All-Purpose sorghum flour blend*
- 1 teaspoon baking soda
- ½ teaspoon salt
- 1 ½ cups mini semisweet chocolate chips

*(*Barbara Kliment, has found Nu Life Market's Gluten Free All-Purpose Flour works especially well in this recipe. You may need to order it from the Internet; however, it is shipped right away and should arrive in a few days. View and order at:*

www.nulifemarket.com/gluten-free/all-purpose-flour)

Directions

1. Cream butter and sugars.
2. Add eggs and vanilla.
3. Combine dry ingredients and stir into the sugar/egg mixture, mix well.
4. Add chocolate chips.
5. Line cookie sheet with parchment paper.
6. Drop in 1-inch balls; press down slightly.
7. Bake at 375° F for 10 - 12 minutes.

Cooking Tips:

1. When preparing these cookies for someone who has a severe reaction to gluten, take care to avoid gluten cross-contamination when making the cookies. Here are some tips from Rachel Begun, MS, Registered Dietitian Nutritionist for the Academy of Nutrition and Dietetics at <http://bit.ly/2mopVUc>
2. Lining the baking sheet with parchment paper is recommended in case there is some residue remaining that contains some gluten from another food.
3. Barbara Kliment, Nebraska Grain Sorghum Board, advises butter gives a tenderer cookie in this recipe. If you use margarine, do not use "light" margarine as it contains water and will affect the texture and appearance of the cookie.
4. Most pure vanilla "extract" and brown sugar is gluten-free; however check the label or the company website to verify. A vanilla "flavoring" is less likely to be gluten-free.
5. A 1-inch cookie scoop, leveled off, will help you get the perfect size for uniform cookies.
6. Leave about 2 inches between the cookies when dropping them on the baking sheet.
7. Remove cookies when just lightly browned. They will still be slightly soft in the middle when touched.
8. Let baked cookies cool on the baking sheet for 1 to 2 minutes, then transfer to a cooling rack. It is helpful to use three baking sheets so the sheets can cool off before placing more cookies on them and so you can get the next batch ready for the oven as soon as you remove the previous batch. NOTE: If the baking sheet is warm, the cookies may bake slightly faster and may need to be removed from the oven slightly sooner than a batch baked on a cool sheet. Store the cookies in a tightly covered container. For more sorghum recipes, check www.simplysorghum.com

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