

RECIPE

CHOCOLATE-CUPBOARD COOKIES

The idea behind this cookie recipe, is that you can use whatever you may already have in your cupboard, to create a delicious rich cookie at home, probably in your pyjamas.

I have created a 'base recipe' for you to work from and adapt to your cupboard supply. I have noted the substitutes you can make, for the ingredients you already have in stock.

BASE RECIPE

10g	Chia seeds, ground*
40ml	Water
50g	Soft brown sugar
85g	Caster sugar
100ml	Olive oil
100g	Dark chocolate, melted
200g	Plain flour
1 tsp	Bicarbonate of soda
1 tsp	Sea salt flakes
50g	Chocolate (chunks, buttons, chips)

*Grind your chia seeds in a small blender, coffee grinder or pestle + mortar.

METHOD

In a glass, mug or other small vessel, soak the ground chia seeds in the water and stir. Leave to one side.

In a bowl mix the sugars and oil until smooth with minimal sugar lumps. Add the melted chocolate and soaked chia seeds and mix again until smooth.

Sift, or pour, the flour and bicarbonate of soda on top of the chocolate mixture and stir until a dough begins to form. Add your chocolate chunks and sprinkle over your sea salt and mix well - you may want to use your hand to help bind all the ingredients together.

Scoop, using an ice cream scoop, or roll the dough, using your hands, into equal balls. This recipe will bake 8 cookies, between 70g-80g per cookie, depending on how much extra chocolate you added or how much cookie dough you ate!

At this stage you can bake, refrigerate overnight or freeze** your cookies. When you're ready to bake, spread onto a lined baking tray, leaving space for the cookies to spread, sprinkle with a little extra sea salt and bake at 170° for 10-12 minutes.

Take out of the oven and leave too cool and enjoy! The cookies will last up to 5 days.

**If you are refrigerating your cookies make sure you bake them within 24 hours and bake as instructed. If you are freezing they can be frozen for a few months. When you're ready to bake them, bake from frozen and add an extra minute onto the bake time.



ADAPTING YOUR RECIPE

So, you've checked the cupboard and you're **missing:**

Chia seeds: you can use milled flaxseed or ground flaxseed (using blender or coffee grinder) and replace with equal quantities.

Sugar: These quantities can be interchanged. The soft brown sugar adds flavour and moisture, to the cookie, but the recipe will work using all caster or even granulated if that what you've got. Just measure the same quantity of sugars in total.

Olive oil: You can use almost any oil for this recipe. Sunflower, vegetable or rapeseed will work well and won't effect the flavour of the cookie.

Dark chocolate: This is an essential part of this cookie, but if you have another lighter chocolate or a couple of different types of dark chocolate don't be afraid to melt them together!

Adding your own flavours:

So this is where you can get creative, instead or as well as chocolate chunks, add something else. The possibilities are endless:

One of my favourite thing to add is some of my **leftover coffee grinds** that would otherwise go in the compost. Add between 10-15 grams of ground coffee to your dough for a caffeine hit.

Dried fruits, nuts and seeds: cranberries, sour cherries, apricots, orange peel, pumpkin seeds, sesame seeds, pecans, peanuts, walnuts, pistachios or whatever other bag of mixed fruit you have in the back of your cupboard.

Spreads and nut butters: Swirl through a little peanut butter, almond butter, chocolate spread, biscoff spread or even marmite... whatever floats your boat people.

Other chocolates: you can add any kind of chocolate sweet treat to your mix. Chop up a chocolate bar or break up some biscuits.

