



# Nutrition for the Health of It

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## Tips to Bake the Best Cookies Ever!

- To always have fresh cookies on hand, keep a batch in the freezer ready for baking. When making homemade cookies, double the batch. After you cook the first batch, spoon up the second batch onto cookie sheets and place in freezer until frozen (24 hours). Once frozen, then place the cookie dough into a zipped freezer bag. Label and date the 'ready to bake' cookies, use within 6 months. (Hint: write oven temperature and time directions onto the bag for ease at time of cooking)
- Cookies like to bake in the correct temperature so check your oven temperature function with an oven thermometer and adjust setting as needed for the perfect cookie doneness.
- Butter will yield the best results in cookie making compared to margarine. Soften butter at room temperature for about 30-45 minutes before mixing the ingredients. Use unsalted butter for baking.
- Proper measurements of the ingredients will help avoid cookie mishaps. Measure the flour with a measuring cup and smooth top with a knife edge. Don't pack down flour. Sift lumps out of flour and sugars before measuring. Use measuring spoon not silverware for accurate measures.
- Always cool baking sheets between batches to avoid getting flat cookies.
- Give your cookies the space they need to spread without merging with others on the cookie sheet by placing them 2 inches apart.
- Use a measured scoop when spooning out cookie dough to avoid uneven baking when some are bigger than others. A scoop keeps the sizes consistent.
- Cool baked cookies on a wire rack or paper towels until completely cooled to prevent sticking together as they wait to be eaten.
- Keep your cookies fresh as long as it takes for them to disappear by storing in an airtight container.
- Add dried fruit and nuts, substitute pureed fruit for oil and use half whole wheat flour to add a healthy twist to your cookies!

