

Guardian Grains Maple Barley Chocolate Chip Cookies

INGREDIENTS

3 or 3 1/2 Cups Guardian Grains Flour: Try Rouge De Bordeaux, Spelt or Egyptian Hulless Barley flour individually or blended together.

1 teaspoon baking soda

1 teaspoon baking powder

3/4 teaspoon salt

3/4 teaspoon cinnamon

1 Cup(2 sticks) salted butter, room temperature

1 Cup raw turbinado sugar

1/3 Cup real maple syrup

3 large eggs

1 tablespoon pure vanilla extract

1 Cup Guardian Grains Flaked Barley

Course Sea Salt for sprinkling

1 bag of semi-sweet chocolate chips or chunks, you may also add m&m at the very end

INSTRUCTIONS

- Preheat the oven to 350 degrees and line a baking sheet with parchment paper.
- In medium bowl, whisk together the flour(s), baking soda, baking powder, salt and cinnamon.
- In a large bowl or stand mixer, beat the butter until light and fluffy, then beat in the sugar.
- Add real maple syrup and mix.
- Add eggs one at a time, incorporating each into the batter.
- Add pure vanilla extract.
- Add Guardian Grains Flaked Barley and mix.
- Add flour 1 Cup at a time until the desired dough consistency is reached. You may only use 3 cups instead of 3 1/2 depending on your baking conditions.
- Using a mounded tablespoon(or soup spoon) drop dough onto prepared pan. Each pan should hold 12 large cookies. Shape and flatten slightly.
- Sprinkle with course salt.
- Bake for 8-9 minutes.
- Remove from oven and let rest on pan for 2 minutes.
- Lift cookies from baking sheet onto cooling racks.
- After cool: store in an airtight container on counter for 3 days, in the fridge for 7 days or freeze.

Recipe makes 2 dozen large cookies or 3 dozen small cookies

For more recipes using Guardian Grains Flours, please visit www.guardiangrains.com