



## Chocolate Chip Cookies

1 stick butter (1/2 cup), melted  
1/4 cup *real* maple syrup  
6 tablespoons rapadura\*  
1/4 teaspoon salt  
1 1/2 cups whole wheat pastry flour\*\*  
1 teaspoon baking soda  
1 cup chocolate chip

1. Preheat oven to 350 degrees.
2. Combine melted butter, maple syrup, rapadura and salt in one bowl.
3. In another bowl, sift flour and baking soda.
4. Fold wet ingredients into bowl with dry ingredients and mix until just incorporated.
5. Add chocolate chips and mix again.
6. With a spoon, drop cookies onto baking sheet.
7. Cook about 10 minutes or until just golden brown.

\* Rapadura is unrefined cane sugar. It is simply the evaporated and crystallized juice of whole cane. Unlike white sugar, brown sugar and other sugars that try to pass off as “raw,” rapadura retains all the natural minerals found in sugar cane. It therefore doesn’t deplete the body of its own minerals and doesn’t spike the body’s blood sugar as dramatically as white sugar does. Wherever a recipe calls for white or brown sugar, try substituting an equal amount of rapadura. It is found in health food stores in New York, or can be easily ordered online.

\*\* Whole wheat pastry flour (also called whole grain pastry flour) is made from a “soft” wheat (rather than a “hard” wheat, which is better for bread making) and is good used in cakes, pies, tarts and other desserts. Unlike white cake flour, it has the bran and germ included, and so is much more nutritious. It is also unbleached, unlike most white pastry flour. Substitute an equal amount of this flour anywhere a recipe calls for pastry or cake flour. The brands most readily available are Arrowhead Mills and Bob’s Red Mill and it is found in many health food stores, some regular supermarkets, and online.

*Recipe by Stefania Patinella. All rights reserved.*