

Gluten-Free Essentials Chocolate Chip Cookie Mix (Vegan, Gluten-Free)

My surly husband was in dire need of food and cookies. As the rice was finishing for our dinner, I decided to act fast. Remembering that I had some Gluten-Free Essentials cookie mix on hand, I grabbed the chocolate chip cookie package and scanned the instructions. Just add one stick of melted butter (I used one Earth Balance Buttery Stick), two beaten eggs, stir in the mix, and pop the dough in the fridge for 30 minutes. Perfect timing. In three minutes flat I had the dough prepared and in the fridge (beat that Betty Crocker!).

After dinner, I turned on the oven, pulled the dough from the fridge, and prepared a dozen scoops for baking. Ten minutes later, Viola…cookies. The beast was tamed. “How are the cookies?” I cautiously inquired. An enthusiastic “good” came flying at me.

Now it was my turn. The texture was a pretty even split between ‘soft and chewy’ and ‘light and fluffy’. Surprisingly, there was no gluten-free breakage. Nary a crumb fell when I bit into these tasty morsels. The flavor was pure chocolate chip cookie, a definite Tollhouse contender. In fact, I became convinced that it would be impossible to decipher these cookies from their all-purpose predecessors.

The opportunity quickly arose to test my theory. My father was in the neighborhood and called to say he was coming by. Knowing how he can’t resist a chocolate chip cookie, I put in a second batch just before he arrived. (Note: The remaining cookies from my first batch had magically disappeared and the cookie monster looked very guilty). Unknowingly biting into a cookie sans wheat, my father gave the satisfactory, ‘mmm…good.’ To confirm, just as he was leaving, he went for the plate and said, “I’ll just take one more for the road.” We have a winner!

My Tips:

- The cooking time calls for 12 to 15 minutes. I pulled them out of the oven right at 12 minutes and they came out golden. I baked them for a minute less to get that “just cooked” look, though a minute past 12 would have resulted in some crispy cookies I think. Keep in mind that ovens do vary.
- As mentioned, I used Earth Balance Buttery Sticks. They are non-hydrogenated, have that buttery flavor, and can be subbed one for one. Of course, non-dairy margarines, such as Fleischmann’s can be substituted for the butter.
- Though the baking mix is vegan, there were no tips for preparing the mix without eggs. An egg substitute may work, though it seems this has not yet been tested.
- These are very easy to form into cookie-sized balls once refrigerated. Don’t hesitate to leave the dough in the fridge and bake batches fresh as you need them.

Ingredients: Sorghum Flour, Rice Flour, Salt, GF Baking Powder, Sugar, Guar Gum, Chocolate Chips (chocolate liquor, cocoa butter, soy lecithin, sugar, salt, vanilla) – plus butter alternative and eggs for baking.

Where to Buy: Purchase directly from the Gluten-Free Essentials website. They are based in the United States, but international orders are accepted.