Sugar adds **flavor** to cookies, contributes to the **texture of the dough** and helps your cookies **brown properly** through something called caramelization. Sugar also **increases the caloric value** of your cookies, which can lead to weight gain, heart disease, cancers and more. Health Canada is recommending that we eat foods with less sugar when possible. Cookies are one of the foods that should be **eaten in moderation** and making them at home allows us to see how much sugar is hiding in them. In fact, sometimes we can even make our favorite batch of cookies with a **little less sugar** and still enjoy the final product!

Today’s mission: to make a batch of cookies with 25% less sugar and compare them to a recipe that still has all the sugar.

**In your unit**: PAIR A will make the original recipe + PAIR B will make the sugar reduced recipe.

**At the end of the lab:** You will share your cookies with each other and complete a cookie comparison worksheet

**RECIPE**: Oatmeal Coconut Choc. Chip

**Yield:** 12 cookies **Oven Temp:** 375F

**Baking Time**: 9-12 minutes

**INGREDIENTS**

25% Less

Original

45mL. White sugar 60mL

22mL Brown Sugar 30mL

30mL Margarine

30mL Shortening

1/2 Egg

 2.5mL Vanilla

125mL All-purpose Flour

1.25mL Baking Soda

0.5mL Salt

45mL Quick Oats

30mL Flaked Coconut

60mL Chocolate Chips

**INSTRUCTIONS:**

1. Preheat oven to 375F and line cookie sheet with parchment paper.
2. Cream margarine, shortening and white and brown sugar in large mixing bowl until light and fluffy with electric mixer.
3. Divide egg and share with other pair. Add half an egg and vanilla to creamed mixture and blend well.
4. In a separate bowl, combine flour, baking soda and salt. Gradually add to creamed mixture.
5. With a wooden spoon, stir in oats, chocolate chips and coconut.
6. Drop batter onto cookie sheet 2 inches apart.
7. Bake for 9-12 minutes or until slightly browned.
8. Cool before transferring to a cooling rack.
9. Share with other cooking pair and complete cookie comparison questions.

**LAB DUTIES:**

Dishwasher: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Housekeeper: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Dish Dryer: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Special Duties: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

PERSON A:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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PERSON B: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Tray Equipment:

\*REMINDERS

- Your unit is making 2 batches of cookies. You must stagger cookie sheets and rotate their position halfway through baking time

- divide batter equally so that you have 12 same size cookies

- drop batter onto cookie sheet and do not flatten or roll it.

- share egg in unit

- set timer for the shorter time and then decide if more time is needed.

- leave mixer on counter to be checked at end of lab

- unplug mixer before removing beaters

Partners A making original recipe:

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Partners B making sugar reduces recipe

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Remember to **share** both batches of cookies so that you can **each** complete your own cookie comparison **questions** and hand them in next class!