Healthy Chocolate Chip Cookies

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Abstract

Obesity has increased among the population worldwide since the 1980’s, leading to issues such as diabetes, high cholesterol, and heart disease. 17% of all deaths in the US pertain to obesity related illnesses (Perry & Swanson, 2007). Foods that contain large amounts of fat, such as cookies contribute to this issue of obesity. Cookies are a popular snack in the United States and are consumed on a regular basis. Most cookies are formulated to be about 30-60% fat, 30-75% sugar, and 7-20% water. A typical cookie, such as a chocolate chip cookie contains 6 g of fat per cookie. A healthy fat replacer, such as prune puree decreases the amount of fat in a cookie by replacing butter. Americans tend to prefer a more soft and chewy cookie rather than a hard brittle classic European cookie, which is why chocolate chip cookies are consumed so prevalently. (Perry & Swanson, 2007). Prune puree was used as a fat replacer in chocolate chip cookies for an experiment in lab to create a healthier cookie.

Methods

Preparation (60 servings per sample)
*Dry Ingredients were sifted in a bowl (Flour, Baking soda, salt)
*Then, butter/fat replacement, sugar, brown sugar, vanilla extract were beat in a separate bowl, then eggs were beat in. It was combined with dry ingredients, and lastly chocolate morsels were added.

Control
Flour 2 ¼ cups  Baking Soda 1 tsp.
Salt 1 tsp.  Butter 1 cup
Sugar ¾ cup  Brown Sugar ¼ cup
Vanilla Extract 1 tsp.  Eggs 2 large
Nestle Semi-sweet morsels 2 cups

50% Prune Puree Replacement
Flour 2 ¼ cups  Baking Soda 1 tsp.
Salt 1 tsp.  Butter 1/4 cup
Sugar ¾ cup  Brown Sugar ¼ cup
Vanilla Extract 1 tsp.  Eggs 2 large
Semi-Sweet Morsels 2 cups Prune Puree ½ cup

75% Prune Puree Replacement
Flour 2 ¼ cups  Baking Soda 1 tsp.
Salt 1 tsp.  Butter 1 cup
Sugar ¾ cup  Brown Sugar ¾ cup
Vanilla Extract 1 tsp.  Eggs 2 large
Semi-sweet Morsels 2 cups Prune Puree ¾ cup

100% Prune Puree Replacement
Flour 2 1/4 cups  Baking Soda 1 tsp.
Salt 1 tsp.  Sugar ¼ cup
Brown Sugar ¼ cup  Vanilla Extract 1 tsp.
Eggs 2 large  Semi-sweet morsels 2 cups
Prune Puree 1 cup

*Dough was spoon dropped on baking sheets, and placed in oven for 9-10 minutes 375 F. Were cooled on baking sheets for 2 minutes, then placed on wire racks to remain cooling.

References