

Cookies For Breakfast?



“Boyd went out to get doughnuts for breakfast the next morning. . .” “We’re not sure she’s eating right, now that she’s all alone.”

Hannah stifled a grin. She didn’t think that doughnuts for breakfast fell into the realm of “eating right,” but she wasn’t one to talk. A lot of her customers ate cookies for breakfast.”

Chocolate Chip Cookie Murder

Customers begin to arrive at The Cookie Jar very early each day. Hannah’s customers expect to enjoy her fabulous coffee and freshly baked cookies. Recently, however, some of her customers have begun to express some concern about consuming so many carbohydrates and so little protein. They’re beginning to wonder if this is the healthiest way to start each day. Always mindful of her customers’ requests, Hannah has begun development of a Breakfast Cookie. She has the basic dough recipe refined, but is searching for the perfect “stir-in” to give the cookie good nutrition and great taste appeal. You are going to give Hannah a hand by developing an original Breakfast Cookie recipe worthy of being added to the menu at The Cookie Jar.

Project Summary:

You will create a recipe for an original breakfast cookie that complies with the following guidelines:

1. Your cookie must be based on the Breakfast Cookie recipe provided with this project sheet.
2. Your cookie must be original, palatable and contain at least one stir-in that makes the cookie nutritious.
3. Your recipe must be neatly typed in standard recipe format.
4. Your recipe must accompanied by a completed Recipe Development Worksheet.
5. A sample of your original Breakfast Cookie must be submitted along with your written work.

Objective: *To encourage students to be creative while also being conscious of the nutritive quality of food.*

Project Directions:

1. Using the recipe for **Basic Breakfast Cookie**, you will develop an original breakfast cookie recipe. Your goal is to create a cookie that is delicious, attractive, has good texture and is nutrient dense.
2. As you develop your recipe, begin by selecting “stir-ins” that you think will enhance the **Basic Breakfast Cookie**. This is a safe and simple approach to developing a new baking recipe. Remember that each of the ingredients in the basic recipe has one or more scientific functions to perform, so your chances of creating a great breakfast cookie increase when you stick with the basic formula.
3. If you do decide to experiment with the **Basic Breakfast Cookie** recipe ingredients and proportions, be sure that you substitute like ingredients. For example, shortening can be successfully substituted for butter. **Caution: Always consult a substitution chart for ingredient proportions before making your changes.**