

INGREDIENTS

DRY INGREDIENTS

- 1-1/8 C GF FLOUR; BOB'S RED MILL 1-TO-1
(OR 1-1/8 C TRADITIONAL FLOUR)
- 1/2 TSP BAKING SODA
- 1/4 TSP SALT

WET INGREDIENTS

- 1/2 C SOUR CREAM
- 1 EGG
- 1/4 C AGAVE (OR HONEY)
- 1 TSP VANILLA EXTRACT
- 1/4-1/2 C CHOCOLATE CHIPS

DIRECTIONS

- MIX DRY INGREDIENTS IN BOWL.
- ADD WET INGREDIENTS TO DRY AND MIX WELL, BATTER WILL CHANGE FROM DRY TO STICKY.
- FOLD IN CHOCOLATE CHIPS.
- GREASE 8X8 BAKING PAN AND SPREAD BATTER EVENLY ACROSS.
- **PREHEAT OVEN TO 350°F** AND BAKE FOR 12-14 MINUTES
(*SHOULD BE SLIGHTLY GOLDEN WITH A LITTLE SPRING WHEN PRESSED - OVERBAKING WILL DRY THESE OUT QUICKLY, ERR ON THE LIGHT-SIDE*).
- LET COOL AND CUT INTO SQUARES.

NOTES: YOU CAN EASILY DOUBLE THIS RECIPE TO FILL A LARGER 9X13 BAKING PAN; COOKING TIME WILL REMAIN THE SAME. YOU CAN ALSO SUBSTITUTE AGAVE WITH HONEY IN EQUAL MEASURE (*SUGAR IS NOT LISTED OR RECOMMENDED FOR THIS RECIPE AS IT SIGNIFICANTLY AFFECTS THE TEXTURE*).

THIS RECIPE IS GLUTEN FREE, BUT WHEAT FLOUR CAN BE USED IN EQUAL MEASURE.



CHOCOLATE CHIP COOKIE BARS (GF)



(1) 8X8 pan



5 min prep
12-14 min bake

If you are a fan of a softer baked good (somewhere between a scone and a brownie) then you're in for a treat with these Chocolate Chip Cookie Bars.

Their subtle sweetness lets the chocolate shine and sour cream helps prevent that dry crumbly texture you often run into with Gluten Free baked goods. For a healthier option you could also use berries or other fruit in lieu of the chocolate chips.

FOOD FOR THOUGHT:

Both agave and honey are good alternatives to sugar. Agave is vitamin packed while Honey shines in the mineral department. See our Food Dance Blog for additional information on health benefits of each.