

Chunky Whole-Grain Chocolate Chip Cookies



This go-to treat answers the craving for a classic chocolate chip cookie but also keeps brain health in mind. It's got a soft, chewy interior, crisp outsides, and a lot of chocolate.

The three whole-grain flours aren't just a smart swap for white flour, they create a cookie with a distinctive, nutty taste. Whole-wheat flour adds an earthy flavor, buckwheat brings out the fruity qualities in good dark chocolate, and oat bran adds a nubby texture, making the cookies feel more substantial.

Instead of butter, the dough features a blend of tahini and olive oil for a brain-friendly fat profile. Plus, there's half the added sugar of a regular chocolate chip cookie.

Makes 16 cookies

Ingredients:

$\frac{3}{4}$ packed cup (180 g) light brown sugar
 $\frac{3}{4}$ cup (180 ml) tahini, well stirred and at room temperature
 $\frac{1}{2}$ cup (120 ml) extra-virgin olive oil
1 teaspoon pure vanilla extract
1 spooned-and-leveled cup (140 g) whole-wheat flour
 $\frac{1}{2}$ cup (70 g) buckwheat flour
 $\frac{1}{4}$ cup (40 g) oat bran cereal or $\frac{1}{4}$ cup (25 g) rolled oats
3 tablespoons cacao powder
1 teaspoon baking powder
1 teaspoon kosher salt
2 eggs
6 ounces (170 g) bittersweet chocolate (60% to 80% cacao), chopped into $\frac{1}{2}$ -inch (1.25 cm) chunks (or 1 cup dark chocolate chips)
Flaky salt (optional)

Instructions:

Set oven racks in the upper- and lower-third positions and preheat the oven to 350°F (180°C). Line two rimmed 18-by-13-inch (46 by 33 cm) baking sheets with parchment paper or silicone mats.

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Whisk together the sugar, tahini, oil, and vanilla in a large bowl. Let sit for 10 minutes.

Meanwhile, whisk together the whole-wheat flour, buckwheat flour, oat cereal, cacao powder, baking powder, and kosher salt in another large bowl.

Beat the eggs one at a time into the sugar-tahini mixture, scraping down the sides of the bowl between additions, until smooth and well incorporated. Add the flour mixture to the bowl and stir until you have a thick dough with no streaks of flour remaining. Set aside 2 tablespoons of the larger pieces of chocolate to top the cookies. Add the rest of the chocolate, including any shards on the cutting board, to the cookie dough and mix until evenly combined.

Using a tablespoon measure, scoop out scant 3 tablespoons (55 g) for each cookie and roll into a 1½-inch (3.8 cm) ball, then press down to form a 2-inch-wide (5 cm) puck. Place on the prepared baking sheets leaving 3 inches (7.5 cm) between cookies, or eight to a sheet. Press a few pieces of the reserved chocolate into the tops of each cookie and sprinkle with a pinch of flaky salt (if using).

Bake for 8 to 10 minutes, or until set on the edges and still soft in the center. Let sit a few minutes then transfer to a rack to cool.

These cookies are best eaten the same day as or the day after baking. Cookie dough freezes well in an airtight container for up to 3 months. Or freeze the baked cookies, tightly wrapped, for up to 3 months.

Tips: The size here is strategic: rolling the dough into a 1½-inch (3.8 cm) ball and flattening it into a 2-inch (5 cm) puck creates a cookie that's soft and chewy, with a slightly craggy texture. Keep a close eye on them toward the end of baking and pull from the oven when the centers are still soft.