Edible Cookie Dough for kids

Snacks · ages 8 to 14 (grades 3rd–8th) · about 15 minutes, plus 15 minutes waiting · serves 4

Cookie dough you eat with a spoon! No egg, and the flour gets a hot bath first, so it's safe. Let's go! Steps marked Grown-up step are for a grown-up to do.

Ingredients

- 1 cup flour
- ½ cup butter (or coconut oil)
- ½ cup brown sugar
- 2 tablespoons milk (or oat milk)
- 1 teaspoon vanilla
- ¼ teaspoon salt
- ½ cup chocolate chips (optional)

Tools

A mixing bowl, The microwave (grown-up), A food thermometer, Measuring cups, Measuring spoons, A fork, A big spoon.

Steps

1. Wash your hands with soap for twenty seconds.
2. Grown-up step: A grown-up microwaves 1 cup of flour in a bowl, 30 seconds at a time, stirring in between.
3. Grown-up step: A grown-up checks it with a food thermometer: 165°F in the middle means it's safe.
4. Let the flour cool all the way, about 15 minutes.
5. Put ½ cup of butter and ½ cup of brown sugar in a big bowl.
6. Mash them together with a fork until it's creamy.
7. Stir in 2 tablespoons of milk, 1 teaspoon of vanilla and ¼ teaspoon of salt.
8. Add the cooled flour and stir until it's a soft dough.
9. Stir in ½ cup of chocolate chips.
10. Scoop it into little bowls and eat it with a spoon: cookie dough you can eat!

Safety notes

- Hot! A grown-up does this part.
- Contains milk, wheat, soy. Swap an ingredient for an allergy where the recipe lists a swap.
- Read the label on packets for allergies.

- A bit messy.
- Sticky fingers.

Kitchen science

Flour is a raw food that can carry germs, so heating it until it's piping hot first makes dough you can eat without baking it.

Make it your own

- Swap the chocolate chips for sprinkles, for birthday-cake dough.
- Roll it into little balls and press in chips for spots: dough bugs!
- Stir a spoonful of cocoa into the cooled flour for chocolate dough.

Questions about edible cookie dough

Why do you heat-treat the flour? Flour is a raw food. It isn't treated to kill germs, and raw flour has made people sick with E. coli, so food-safety agencies say not to eat raw flour or raw dough. Heating it to 165°F, checked with a food thermometer, makes it safe to eat without baking.

How do you heat-treat flour in the microwave? Put the flour in a microwave-safe bowl and heat it 30 seconds at a time, stirring in between, until a food thermometer reads 165°F in the middle. It usually takes about a minute and a half for a cup. Let it cool completely.

Can you bake this cookie dough? No. It has no egg and nothing to make it rise, so it melts flat in the oven. It's made for eating with a spoon.

Can you make it without butter or milk? Yes. Solid coconut oil (refined, so it doesn't taste of coconut) takes the butter's place, and oat milk the milk's; leave out the chocolate chips or use dairy-free ones. Choose a milk allergy on the Kitchen's allergy button and the card swaps them for you.

How long does edible cookie dough keep? Up to five days in a covered container in the fridge.

Free at peabody.kids/kitchen/edible-cookie-dough