

# Vegan Cooks Corner

with Liz & Lorna

## Vegan Chocolate Chip Cookies

*Learn how-to veganize just about any traditional recipe with the switch of a few ingredients and still get incredible results!*

**YEILD: 2-3 Dozen Cookie**

### INGREDIENTS

1 cup Earth Balance (instead of traditional butter!)  
1/2 cup packed soft organic tofu (instead of 2 eggs!)  
3/4 cup unbleached cane sugar  
3/4 cup light brown sugar  
1 teaspoon vanilla  
2 1/2 cups unbleached all purpose flour  
1 teaspoon baking soda  
1/2 teaspoon sea salt  
1 bag Guittard dark chocolate chips (instead of milk chocolate)  
1 cup chopped walnuts (optional)

**DIRECTIONS:** Preheat the oven to 350 degrees and line two baking sheets with parchment. In a large mixing bowl cream the butter, sugar, tofu, and vanilla with an electric mixer until smooth and fluffy. Combine the flour, baking soda and sea salt in a medium mixing bowl, stir to blend. Transfer the flour mixture into the creamed mixture, stir in the chocolate chips and nuts. Mix well then spoon one inch balls of dough onto parchment covered baking sheets, press the lightly to flatten then bake for 10-12 minutes or until lightly brown and slightly firm to the touch. Remove from the oven and transfer to wire racks to cool. Store in a sealed container for up to two weeks.

Get information on local plant-based foods education programs by visiting [www.newoptionsfoodgroup.com](http://www.newoptionsfoodgroup.com) and discover the benefits of plant-based living at [www.findinghealthfulness.com](http://www.findinghealthfulness.com)



## May we recommend:



Did you know that Earth Balance Buttery Spread is vegan? Use it as a butter substitute in all your favorite recipes.



Replace each egg in your favorite cookie recipe with 1/4 cup of soft tofu. NEW! A super nutritious and delicious



dairy alternative and it's made with peas!



Select a dairy-free dark chocolate for vegan baked goods.