

Edible Chocolate Chip Cookie Dough Cups

CHEF CULTURES LLC

Prep Time: 15 minutes • Chill Time: Optional • Yield: 6 Small Portions

Description

This safe-to-eat edible chocolate chip cookie dough is designed for hands-on classroom success without eggs or baking. Students learn basic dough mixing, texture, and flavor balance while creating a soft, scoop-able cookie dough using heat-treated flour and simple pantry ingredients. The dough is rich, creamy, and customizable with a variety of mix-ins and toppings.

Ingredients (Per Student)

- 4 tablespoons unsalted butter, softened
- 2 tablespoons brown sugar
- 1 tablespoon granulated sugar
- ½ teaspoon vanilla extract
- 1 tablespoon milk
- ⅔ cup heat-treated all-purpose flour
- Pinch fine sea salt
- 2 tablespoons mini chocolate chips

Optional Mix-Ins

- Toasted oats
- Coconut flakes
- Dried cherries
- Chopped toasted nuts
- Flaky sea salt

Directions

1. Heat-Treat Flour

Raw flour should always be heat-treated before using in edible cookie dough recipes.

To heat-treat flour in the oven:

Spread flour onto a parchment-lined sheet pan and bake at 350°F for about 5 minutes, stirring once halfway through. The flour should reach at least 165°F for food safety.

To heat-treat flour in the microwave:

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EDIBLE CHOCOLATE CHIP
Cookie Dough Cups
SAFE • SIMPLE • DELICIOUS

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3 EASY STEPS

- MIX THE DOUGH**
Cream butter and sugars until smooth. Stir in vanilla and milk. Add heat-treated flour and salt, and mix until a soft dough forms. Fold in mini chocolate chips and any mix-ins.
- PORTION THE DOUGH**
Divide dough into 6 small scoops or spoon into small cups. Press gently if needed.
- SERVE & ENJOY**
Enjoy immediately or chill briefly before serving. Dough is safe-to-eat and perfectly scoopable!

Chef Ron's Note

- Heat-treating flour is an important food safety step because raw flour is not ready-to-eat.
- If dough is too firm, add 1 teaspoon milk. If too soft, add 1 teaspoon flour.
- Mini chocolate chips distribute more evenly and create a better texture.
- Get creative! Try different mix-ins and toppings for delicious variations.

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Place flour in a microwave-safe bowl and heat in 30-second intervals, stirring between each interval, until flour reaches 165°F.

Allow flour to cool completely before preparing dough.

2. Cream Butter and Sugars

In a medium bowl, use a spoon or fork to mix softened butter, brown sugar, and granulated sugar until smooth and creamy.

3. Add Vanilla and Milk

Stir in vanilla extract and milk until fully combined.

4. Add Flour and Salt

Add heat-treated flour and salt. Mix gently until a soft dough forms.

5. Fold in Chocolate Chips

Add mini chocolate chips and optional mix-ins. Stir just until evenly distributed.

6. Portion and Serve

Divide dough into 6 small scoops or spoon into small cups. Serve immediately or chill briefly before serving.

Chef Ron's Notes

Heat-treating flour is an important food safety step because raw flour is not ready-to-eat. Cooling the flour completely before mixing helps maintain a smooth dough texture.

The dough should feel soft, creamy, and scoopable. If dough feels too firm, add 1 teaspoon milk. If too soft, add 1 teaspoon flour.

Mini chocolate chips distribute more evenly and create a better texture for small classroom batches.

Encourage students to personalize their dough with creative toppings and flavor combinations.

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