

# Chocolate Chip Cookies

## Baking



ConnectABILITY.ca

### WHAT MAKES IT MEANINGFUL

Baking teaches us to be more cognizant of what we put into our bodies daily. It can increase feelings of wellbeing, contribute to stress relief, and can bring a sense of connection to others. It helps develop fine motor skills with measuring, stirring, spooning as well as language and math skills.

### TIME

10 to 15 minutes of prep time.  
10 minutes to bake

### MATERIALS

- 1 1/2 cup plus 2 tablespoons all-purpose flour
- 3/4 teaspoon kosher salt
- 1/2 teaspoon baking powder
- 3/4 cup (1 1/2 sticks) unsalted butter, room temperature
- 3/4 (packed) light brown sugar
- 1/4 cup sugar
- 1 large egg, room temperature
- 1/2 teaspoon vanilla extract
- 1 cup semisweet or bittersweet chocolate chips



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## INSTRUCTIONS

### Step 1

Arrange racks in upper and lower thirds of oven; preheat to 425o. Line 2 baking sheets with parchment paper.

### Step 2

Whisk flour, salt, and baking powder in a small bowl.

### Step 3

Using an electric mixer on medium-high speed, beat butter and both sugars in a large bowl until well combined, 2-3 minutes. Add egg and vanilla; beat on medium-high speed until mixture is light and fluffy, 2-3 minutes. Add dry ingredients, reduce speed to low and mix just to blend. Fold in chocolate chips.

## RESOURCES

[lbonappetit.com](http://lbonappetit.com)

## SUPPORTS NEEDED

Include any supports an individual may need to help them complete the activity

## OTHER THINGS TO NOTE:

Include any other things that are helpful to note