

Breaker Together Energy Cookie©

Welcome! A quick reminder, **you are not alone**. We support bakers of all experience levels and even the most experienced may have questions with a new formula. We invite you to check out our baker support resources:

Visit Our Baker Forums - <https://communityloaves.org/forums-discussions>

Send An Email To - bakersupport@communityloaves.org

Baking Sessions - virtual discussion and bake with me sessions. Check event calendar for upcoming sessions.

| | |
|----------------------------|----|
| How Many Batches | 2 |
| How Many Cookies - approx. | 64 |



Ingredients Needed

Dry Ingredients (Energy Cookie Flour Mix)

Whole Wheat/Pastry Flour, Rye Flour, Natural Almond Meal, Chickpea Flour, Oat Flour, Oatmeal, Fine Sea Salt, Baking Powder, Cinnamon

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|-------------------|--------|
| Total Cookie Base | 2340 g |
|-------------------|--------|

Wet Ingredients

Weight

| | |
|---------------------------|--------|
| Water | 1000 g |
| Vanilla | 4 tsp |
| Apple Sauce - unsweetened | 620 g |
| Raw Sugar | 530 g |
| Molasses or Honey | 200 g |

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|--------------------------|--------|
| Total Liquid Ingredients | 2354 g |
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Special Ingredients

| | |
|----------------------------------|-------|
| Chocolate Chips, Semi-Sweet | 470 g |
| Dried Sour Cherries, Coarse Chop | 360 g |

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|---------------------------|-------|
| Total Special Ingredients | 830 g |
|---------------------------|-------|

Sugar Topping

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|--------------------------------------|------|
| Sprinkle scant 1/4 tsp of course raw | 91 g |
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|----------------|--------|
| Total Combined | 5524 g |
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*Each cookie weighs 85g

Recipe Overview

Mix cookie dough 1-2 days ahead of baking

The cookie dough is best mixed a day ahead of portioning.

| Step | Activity | Time |
|------|------------------------------------|--------|
| 1 | Gather & Weigh | 15 min |
| 2 | Coarse Chop Cherries | 10 min |
| 3 | Mix Wet & Dry Ingred. Together | 5 min |
| 4 | Add Special Ingred., Stir | 5 min |
| 5 | Let rest overnight | |
| 6 | Portion and Bake, 350 deg. @17 min | 60 min |
| 7 | Cool on sheet tray, move to rack | 10 min |
| 8 | Package | 15 min |

Est. Total Active Time, approx 2 hours
Depends on how many trays you can bake at a time

Equipment:

#16 - Blue Handled Dish, 2 oz.
Available at restaurant supply and Amazon

Example

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Method:

Mix your dough the day before you want to bake!

- 1 Gather and weigh all your ingredients
- 2 Coarsely chop the sour cherries. Just a couple of passes with a chef's knife should suffice.
- 3 In a large mixing bowl combine the cookie base and the wet ingredients, stir to combine. I like to mix all the wet ingredients in the bowl first and then add the cookie base. You can do this by hand or in a stand mixer.
- 4 Stir in the special ingredients, chocolate chips and sour cherries.
- 5 Let sit overnight in refrigerator and up to two days. Resting is important, gives the grains an opportunity to fully hydrate, absorb as much moisture as possible.
- 6 Preheat oven - 350 degrees. Prepare your baking sheets, parchment or silpat lined.
- 7 Using a #16 bluehandled scoop/disher. Weigh each scoop 83-87g. Goal is 85g each, but don't obsess. Scoop, weigh and place dough ball on prepared cookie sheet. Weighing is important for nutrition consistency.
- 8 Create as many mounds as you can fit on the sheet, recognizing that you are going to flatten the mounds with the palm of your hands just shy of 1/2" thick. (At my house, I bake six to a sheet tray.) These cookies do not spread, but you will need enough room so they don't smush together when you flatten them. Then sprinkle each cookie with 1/4 tsp of demara, turbinado or course raw sugar like (Trader Joe's). The Costco raw sugar does not add the desired sweet crunch. It can be used in a pinch but the others produce a tastier cookie.

A note about flattening, the dough is a little sticky, another reason we let it rest overnight in the refrigerator. I

- 9 Bake for 17-20 minutes, rotating the trays half way through. The range of time is really a function of your sheet trays and your oven. You're looking for a fairly golden brown bottom and slightly golden edges on top. If you use Molasses vs. Honey your color markers will be different, molasses is darker. You want them baked through, but not dry.
- 10 Remove from oven when done, let sit on sheet tray for 10-15 minutes then transfer to cooling racks. Package when completely cooled.

A note about ingredients:

Organic whenever possible

Raw Sugar - Costco or Trader Joe's both have, it is the same nutritionally.

Sugar topping - Demerara or Trader Joe's better because it is "crunchier"

Sour Cherries - Dried - Costco and Trader Joe's are a good option

Apple Sauce - Must be unsweetened. In our tests both Trader Joe's Organic & Treetop from Costco