

Recipe Makeover: Finding Flavorful Healthy Alternatives for Traditional Foods



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This study explored how to alter a traditional chocolate chip cookie recipe to accommodate different health issues or concerns that may keep someone from enjoying the taste and experience of this favorite dessert.

Creating the Recipe:

Many healthy cookie recipes already exist on the Internet. I researched several recipes using chickpeas and used them as a basis for my recipe. Many trials, errors, and alterations were done to find the best flavor and texture for my cookie. I found the chickpeas too hard and dry leaving a grainy texture, so I tried a softer white bean. I chose Great Northern beans because they also have fewer calories, fat, and carbohydrates per serving than chickpeas. All of the recipes I researched used peanut butter, however, I substituted almond butter to get rid of the peanut butter taste. I was able to cut down the amount of sugar by substituting some liquid Stevia. Some of the recipes used oats, but instead I used almond flour which resulted in a smoother and fluffier cookie.

- 1 can (15.5 ounce) Great Northern Beans, drained
- 3 tbsp almond butter
- 2 tbsp coconut oil
- ¼ cup almond flour
- 2 tbsp honey
- 10 drops liquid Stevia
- 1 tsp vanilla
- ¼ tsp baking soda
- ½ tsp baking powder
- ½ cup dark chocolate chips



Puree all ingredients (except chocolate chips) in a food processor. Fold in chocolate chips. Place on lightly greased baking sheet. Bake at 350°F for 10 minutes.

The Comparison:

I used MyNetDiary app to calculate the nutrition facts of my recipe and the traditional NESTLÉ TOLL HOUSE recipe.* The app also applies a Food Score based on nutrients of the recipe with -5 being the worst and 5 being the best.

NESTLÉ TOLL HOUSE Recipe

Nutrition Facts	
Amount per Serving	-2.2
Calories 139	Calories from Fat 65
% Daily Value*	
Total Fat 7.3g	11%
Saturated Fat 4.5g	22%
Polyunsaturated Fat 0.3g	
Monounsaturated Fat 1.5g	
Cholesterol 24mg	8%
Sodium 43mg	2%
Total Carbohydrates 18g	6%
Dietary Fiber 0.3g	1%
Sugars 12g	
Protein 1.6g	

My Recipe

Nutrition Facts	
Amount per Serving	0.4
Calories 69	Calories from Fat 37
% Daily Value*	
Total Fat 4.1g	6%
Saturated Fat 1.7g	8%
Polyunsaturated Fat 0.3g	
Monounsaturated Fat 0.7g	
Cholesterol 0mg	0%
Sodium 82mg	3%
Total Carbohydrates 7g	2%
Dietary Fiber 1.4g	5%
Sugars 3.8g	
Protein 2g	

Reduced calories by **50.3%**
 Reduced fat by **43.8%**
 Reduced cholesterol by **100%**
 Reduced carbohydrates by **61.1%**
 Reduced sugar by **68.3%**
 Increased fiber by **78.6%**
 Increased protein by **20%**

*Based off a 1 tablespoon serving from each recipe

The Taste Test:

The healthier cookies were sampled by 12 individuals.
0% said they could taste the white beans.
100% said the cookie tasted really good.
25% reached for another cookie.
2 individuals admitted they liked the healthier cookie better than the original NESTLÉ TOLL HOUSE recipe.

Additional Health Benefits:

Ingredient	Benefits
White Beans	Low fat; good source of fiber, iron, potassium, and protein
Almond Butter	Monounsaturated fat; source of protein, fiber, and antioxidants
Honey	Antioxidant; antimicrobial; B vitamins
Coconut Oil	Medium chain triglycerides (increases metabolism and energy)
Dark chocolate	Antioxidants; stimulates endorphin production in brain (makes you happy)
Almond flour	Gluten free; low-carb; high fiber

Conclusion:

In addition to meeting the needs of the gluten and lactose intolerant population, many more vitamins, minerals, and nutritional benefits are present in the healthier cookies. Taste was maintained while calories, fat, cholesterol, and sugar were all significantly reduced and fiber and protein increased. The healthier cookies were also faster to make and required less clean up. As a dietetic student who loves to cook, I believe dietitians should be in the kitchen working with chefs to create a balance between healthy and visually appealing tasty foods. They should use their knowledge of food and special dietary needs to create innovative, but familiar dishes that people will enjoy.