

# Healthy Cookie Bake Along

*By Chef Kunal Arolkar, Foodybreaks Goa*



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# FB ACADEMY GOA

FB Academy is Goa's First City & Guilds UK & EBVTR Approved Pastryschool & Cloud Bakery located in Porvorim, North Goa

We offer Pastry & Bakery Diploma and Certificate Programs and Weekend Workshops

Headed by Chef Kunal Arolkar, a Pastrychef with over a decade and half of international pastry experience and a simplistic approach to baking

2023 is the UN International Year of Millets and so we conceptualized these nutritional millet loaded, sugar-free and refined flour-free, easy to make and bake cookies for you to feed your kids and family, specially for YI & SIG : Food, Fitness & Lifestyle

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# Healthy Anzac Cookies (Eggless)

At FB Academy Goa

40 minutes • Makes 6 servings



## Ingredients

40gm Butter	40gm Breakfast Oats
30gm Jaggery powder	20gm Desiccated Coconut
30gm Honey	20gm Water (or Milk)
40gm Ragi flour	
20gm Bajra flour	
30gm Almond flour	
10gm Flax Seeds	
1/8 Tsp Baking soda	
1/8 Tsp Salt	

## Preparation

Preheat the oven at 200deg C for 40mins

In a Steel Pot, add in the butter, jaggery powder and honey and heat on a medium heat, stirring continuously till it mixes well

Add in all the ingredients, except the water and mix well

Add in the water, mix and allow to cool

Using an icecream Scoop, portion out on paper-lined trays, flatten gently and Bake at 180deg C for 25-35mins until they are golden brown on both sides

Allow to cool to room temperature, store in airtight containers and serve as desired

**Tip: Always Preheat the Oven for Best Baking Results**



# Chocolate Walnut Brookies (Eggless)

At FB Academy Goa

40 minutes • Makes 8 servings



## Ingredients

40gm Soft Butter  
40gm Jaggery powder  
30gm Hung Plain yoghurt  
1gm Vanilla extract (optional)  
10gm Chia seeds (soak in 50g water)  
70gm Ragi flour / Buckwheat flour  
7-10gm Cocoa powder  
1gm Baking powder  
50gm Dark Choco chips  
50gm Chopped Walnuts  
40gm Dark Chocolate melted

## Preparation

Preheat the oven to 200deg C for 40mins

In a Steel bowl, using a silicon spatula, cream the soft butter with the jaggery powder till well mixed

Stir in the yoghurt and vanilla extract

Stir in the chia seeds and mix well

Fold in all the dry ingredients and mix well

Fold in the melted dark chocolate while its still hot and mix the dough well

Freeze for 30mins till firm, scoop out using

an icecream scoop on a paper-lined tray, flatten gently and sprinkle walnuts on top and bake at 180deg C for 25-35mins until firm

Take out, allow to cool and store in an airtight container and serve as desired

**Tip: Always Bake the Cookies Fresh every day, soggy cookies can also be dried in the oven to refresh their crispiness**



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