

Rye and Spelt White Choc chip Cookies



Serves	10-12
Prep time	20 minutes
Cook time	12 minutes
Total time	32 minutes
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Egg , Glutamates , Preservatives , Salicylates
Suitable for	RPAH Elimination Diet - Low Chemical / Failsafe
Meal type	Lunch Box , Sweet Things
Misc	Child Friendly , Pre-preparable , Serve Cold

Ingredients

- 3/4 cups rye flour
- 110g spelt flour
- 3/4 teaspoons baking powder (Refer to recipe)
- 1/2 teaspoon bicarbonate of soda
- 3/4 teaspoons salt
- 100g butter or Nuttalex
- 1/2 cup brown sugar (lightly packed)
- 1 ripe pear (mashed)
- 1 teaspoon vanilla essence (Refer to recipe)
- 100g Nestle white melts (chopped into small pieces)

Directions

1. Preheat the oven to 180°C and line two trays with baking paper.
2. Sift the flours, salt, baking powder and bicarbonate of soda into a medium-sized bowl.
3. In a separate bowl cream the butter and sugar.
4. Add the pear and mix until just combined. Stir in the vanilla.
5. Add the flour and mix until just combined. Stir in the white melts.
6. Take a heaped teaspoon of dough and roll into a ball, flatten it slightly and place on the baking tray. Repeat for the remaining dough, leaving some space in between on the trays.
7. Bake for 10 - 12 minutes, until the cookies are cracked and the tops are dry and brown. Allow to cool on the trays.



Note

Low Chemical / FAILSAFE

You can find my recipes for baking powder and vanilla essence here:

- [Baking Powder](#)
- [Vanilla Essence](#)