

Helergon Kitchen

Edible Cookie Dough – Easy No-Bake Dessert

15 min Prep time	**15 min** Total time	**4** Servings
Easy Difficulty	**American** Cuisine	**Dessert** Course

Ingredients

Base Dough

- [ ] 1 cup heat-treated all-purpose flour
- [ ] 1/2 cup unsalted butter, softened
- [ ] 1/2 cup brown sugar, packed
- [ ] 2 tbsp milk
- [ ] 1 tsp vanilla extract
- [ ] 1/4 tsp sea salt

Add-Ins

- [ ] 1/2 cup chocolate chips
- [ ] Optional: 2 tbsp toasted chopped nuts

Instructions

1. Pre-heat oven to 350°F, spread flour on a baking sheet, and toast for 5 minutes; let cool.
2. In a bowl, cream the softened butter with brown sugar until light and fluffy.
3. Add milk, vanilla, and sea salt; mix until just combined.
4. Gradually fold in the heat-treated flour, stirring until the dough forms.
5. Stir in chocolate chips (and nuts if using) until evenly distributed.
6. Scoop into serving dishes, drizzle with a touch of melted chocolate if desired, and enjoy immediately or chill.

Nutrition per serving

380 kcal	4 g	38 g	22 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the dough feels too dry, add a splash more milk, one teaspoon at a time.
- For extra flavor, toast the brown sugar slightly before mixing.
- Serve with fresh berries for a bright contrast.