



Down Syndrome Achievement Centers  
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### Kitchen Safety Tips:

1. Put long hair up in ponytails.
2. Wash your hands:
  - a) First thing before touching any food
  - b) If you cough or sneeze into your hand
  - c) After touching raw meat (before you touch anything else)
  - d) After you touch anything greasy
3. Use knives safely
  - a) Make sure your fingers are safe
    1. Push down on the top of the knife
    2. Hold food with claws not squids!
  - b) Try to make a flat surface on your food as soon as possible
4. Keep pot handles on the stove facing away from the front.
5. Always use potholders when touching pots and pans!

### Chocolate Chip Cookies

#### **Recipe**

- 1 cup butter, softened (or other dairy free alternatives)
- $\frac{3}{4}$  cup granulated sugar
- $\frac{3}{4}$  cup brown sugar
- 1 tsp pure vanilla extract (make sure it is gluten-free!)
- 1 large egg, room temperature
- $\frac{1}{2}$  teaspoon baking soda
- $\frac{1}{2}$  teaspoon baking powder (make sure it is gluten free!)
- $\frac{1}{2}$  teaspoon of salt
- 2  $\frac{1}{2}$  cups of Gluten Free Flour
- 2 cups chocolate chips (make sure they are dairy free if you are dairy free!)

#### **What You Will Need:**

- Medium and large sized mixing bowls
- Rubber spatula
- Cooking sheet
- Electric mixer (handheld works great!)
- Optional: cookie scooper



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Fantastic Friends: Healthy Living  
Purposeful Programs  
Chocolate Chip Cookies

**Directions:**

- Begin by washing your hands for 20 seconds with warm water and soap
- Preheat the oven to 375 degrees
- In a large bowl, beat the butter, granulated and brown sugars until creamy.
- Add the egg and vanilla extract to the butter and sugars mixture and beat until combined.
- In a medium sized bowl, combine the gluten free flour, baking soda, baking powder, and salt and mix until combined.
- Add the flour mixture to the butter mixture and stir until completely combined.
- Using a rubber spatula or spoon, stir in the chocolate chips.
- Use a greased spoon or a cookie scooper to create 1 ½ tablespoon sized balls and place cookie dough balls a few inches apart on the cookie sheet.
- Bake for 8-10 minutes until they start to turn golden brown.