

# CHOCOLATE CHIP COOKIES



# CHOCOLATE CHIP COOKIE recipe

Objective: to show that OVĀVO can be a commercially viable, functionally superior substitute to butter in baking.

(all quantites in grams)	CONTROL, 100% butter	33% less butter, 30g OVĀVO	50% less butter, 30g OVĀVO	50% less butter, 20g OVĀVO
OVĀVO	-	30	30	20
water	-	60	60	70
butter, softened	114	75	57	57
white sugar	100	100	100	100
light brown sugar packed	110	110	110	110
pure vanilla extract	4.3	4.3	4.3	4.3
eggs	57	57	57	57
all-purpose flour	180	180	180	180
baking soda	2.5	2.5	2.5	2.5
baking powder	1.3	1.3	1.3	1.3
sea salt	3	3	3	3
chocolate chips	175	175	175	175
TOTAL	747	798	780	780

- Preheat oven to 190 deg C. Line baking pan with parchment paper and set aside.
- In a separate bowl mix flour, baking soda, salt, baking powder. Set aside.
- Cream together butter and sugars until combined.
- Beat in eggs and vanilla until fluffy. If using OVĀVO, mix with water into slurry and add at this stage.
- Mix in the dry ingredients until combined.
- Add chocolate chips and mix well.
- Roll dough into balls and place them evenly spaced on lined baking pan.
- Bake for approximately 8-10 minutes, until the are just starting to turn brown.
- Let them sit on the baking pan for 2 minutes before removing to cooling rack. Serves 18.



# CHOCOLATE CHIP COOKIE (observations)



**HANDLING:** OVĀVO blended easily into a smooth mixture, that was arguably easier to handle.

**APPEARANCE:** OVĀVO gave cookies a more rustic appearance, and retained thickness through cooking.

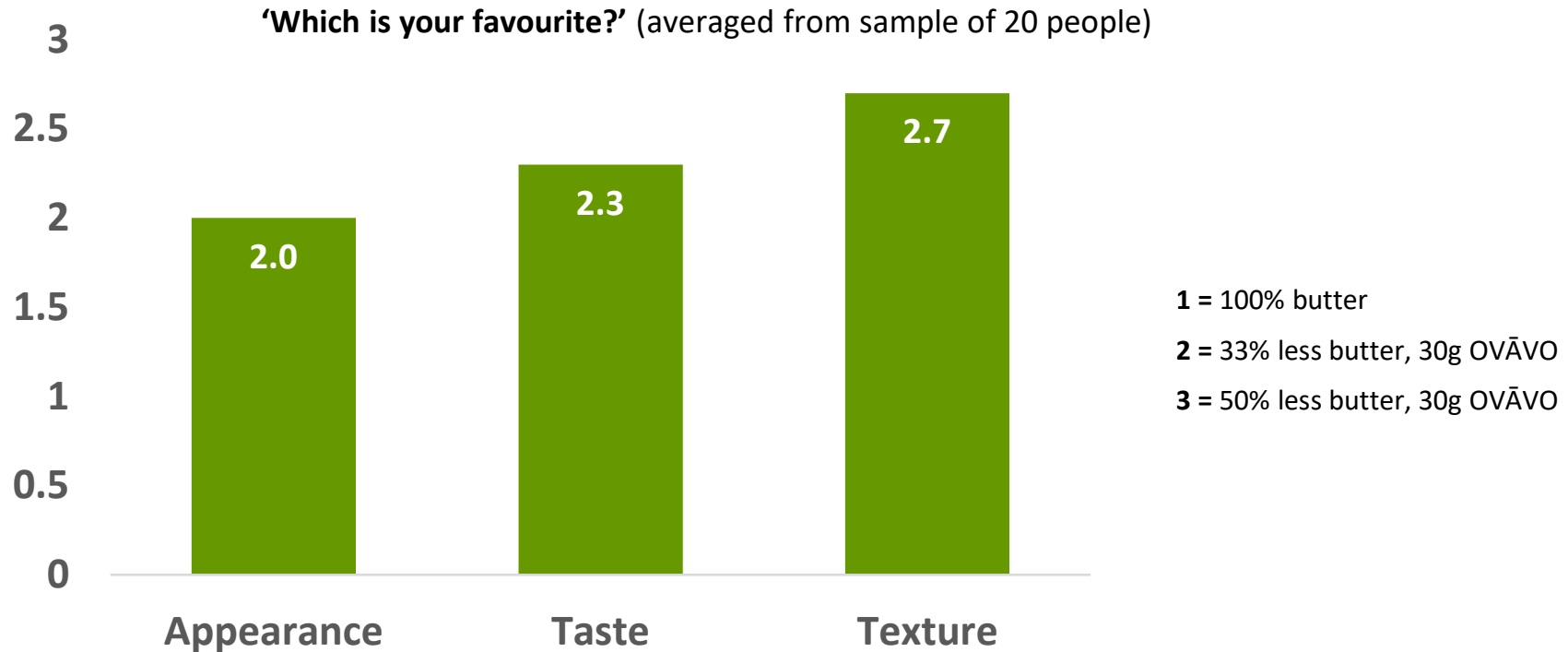
**TEXTURE:** OVĀVO gave cookies a soft, creamy, slightly chewy inner texture with nice crunch to the bite. Better mouthfeel vs control

**TASTE:** OVĀVO gave the cookies a nice avocado note, without being at all overpowering. A cleaner, less buttery taste.

**COMMERCIALS:** At 50% butter, 20g OVĀVO, incremental cost per serve is practically nil.

# CHOCOLATE CHIP COOKIE (consumer feedback)

When asked to select their preference on appearance, taste, and texture; cookies with the inclusion of OVĀVO were clearly more popular, especially on texture and taste.



**“The OVĀVO cookie with 50% butter reduction was definitely my favourite”.** *Lauraine Jacobs, Food Writer & Author\**

*\*Lauraine Jacobs is an internationally respected food writer & author. She has previously been the Food Columnist for NZ Listener magazine and was long serving Food Editor of Cuisine Magazine up until 2009. She has written 8 cookbooks and has won 2 Gold Ladles at the World Food Media Awards. She is a Past President of the NZ Guild of Food Writers (NZ's professional body of Food Writers) and has been appointed a member of the NZ Order of Merit by the Queen for her services to the food industry.*

# HEALTHY FAT COMPARISON

OVĀVO has much lower levels of saturated fat than butter (4-5 times lower), attractive to those looking to minimise 'bad' LDL cholesterol. It also contains fibre, protein and vitamins which have valuable health, functional, and sensory benefits over butter.

	powder extract	Extra Virgin	Extra Virgin	RBD	RBD	RBD	RBD	RBD	Butter
	<b>OVAVO</b>	Avocado oil	Olive Oil	Palm Oil	Coconut Oil	Grapeseed	Soybean Oil	Canola	Butterfat
FAT	<b>65-75%</b>	100	100	100	100	100	100	100	82
Saturated Fat	<b>11-14%</b>	11-28%	15	48	93	11	15	10	54
Unsaturated Fat	<b>85-88%</b>	74-89%	85	52	7	89	85	90	46
Monounsaturated Fat	<b>70-85%</b>	46-91%	75	38	5.5	22	22	60	43
Polyunsaturated Fat	<b>7-15%</b>	8-21%	10	10	1.5	66	63	30	3
Trans Fat	<b>zero</b>	zero	zero	trace	trace	trace	trace	trace	3
Low MW saturates	<b>trace</b>	trace	trace		82				18
Palmitic Acid	<b>11.50%</b>	11-26%	12	44.00	8%	6	10	4	32
Stearic Acid	<b>0.50%</b>	0.1-1.3%	2	4.50%	3%	4	3.5	2	11
Palmitoleic Acid	<b>7.00%</b>	4-17%	0.9	1.00%		1	0,2	0.2	3
Omega 9 (Oleic Acid)	<b>68.00%</b>	42-75%	75	38%	6%	21	22	61	22
Omega 6 (Linoleic Acid)	<b>12.50%</b>	7.8-19%	9	10.00%	1%	60	53	2	3
Omega 3 (Linolenic Acid)	<b>0.80%</b>	0.5-2.1%	0.7	0%		0.2	9	11	1