

Chocolate chip cookies

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A chocolate chip cookie is a drop cookie that was originally from the United States and features chocolate chips as its main ingredient. The traditional recipe contains a dough composed of butter and both brown and white sugar with semi-sweet chocolate chips. Variations include recipes with other types of chocolate or additional ingredients, such as nuts or oatmeal. The chocolate chip cookie was accidentally developed by Ruth Graves Wakefield in 1930. She owned the Toll House Inn, in Whitman, Massachusetts, a very popular restaurant that featured home cooking in the 1930s.

Her cookbook, *Toll House Tried and True Recipes*, was published in 1936 by M. Barrows & Company, New York. It included the recipe "Toll House Chocolate Crunch Cookie", which rapidly became a favorite to be baked in American homes. Chocolate chip cookies are commonly made with high in calorie ingredients including sugar, flour, eggs, butter, chocolates, etc. Some recipes also include milk or nuts in the dough. It depends on the ratio of ingredients, mixing and cooking times, some recipes are optimized to produce a softer, chewy style cookie while others will produce a crunchy/crispy style.

As you can see in the ingredients, on how the cookies is baked, and the style of cookies, it can easily catch an attention of a buyer. The ingredients given are also a bit expensive nowadays. As It is said, it is full of calories. So how about the costumers that will consume the high in calorie and expensive product? How about theirhealthand weight? Their wallets and pockets? That's the reason why the researchers come up with this research. To make a solution to these problems about chocolate chip cookies.