

Edible Cookie Dough Recipe



Craving cookie dough? This edible cookie dough recipe has all the chocolate chip cookie dough euphoria you need, and it's 100% safely snackable. Eggless cookie dough for the win! But if you want to skip the mess and get right to the goods, look for our lineup of [Cookie Dough Chunks](#) flavors near you! These edible cookie dough bites are perfect for topping your favorite Ben & Jerry's flavors or simply gobbling by the handful.



**JUMP TO THE RECIPE FOR
EDIBLE COOKIE DOUGH
NOW!**

How To Make Raw Cookie Dough That's Safe To Eat

We get it, it's tempting to sneak a scoop of your regular chocolate chip cookie dough recipe before it heads into the oven. But even your inner cookie-stealing kid knows that it's not safe. So how do you make edible cookie dough that you can dig into with reckless abandon? There are two keys: 1) making an eggless cookie dough, and 2) not forgetting to heat treat flour for the recipe. Eggs and untreated flour have a high likelihood of containing contaminants like *Salmonella* and *E. coli*.

How to Heat Treat Flour

There are two main ways to heat treat flour so that it's safe to eat in edible cookie dough. The easiest method is to microwave your flour on high until it reaches 165°F throughout. Use an instant-read thermometer to make sure that it has all reached 165°F, then stir it into your edible cookie dough recipe as usual. The other method is to heat your flour in a conventional oven. Spread the flour out on a rimmed baking sheet and bake it in a preheated oven at 300°F in 2-minute intervals, checking the temperature after each interval until it reaches 165°F throughout.

Can I Bake This Cookie Dough Recipe?

You could, but if a great cookie recipe is what you're after, check out our [Ultimate Chocolate Chip Cookie recipe](#)! It's easy, delicious, and sure to impress all your cookie-loving friends.

Ways To Enjoy Edible Cookie Dough

Oh, let us count the ways! (Actually, even our accountants can't count that high.) We suggest rolling the dough into balls before serving because it makes it easier to eat. We did a lot of research into the best ways to enjoy edible chocolate chip cookie dough when we were creating our [Cookie Dough Chunks](#) flavors, and we found that poppable, snackable bites made for the most satisfying nosh. But you could also sprinkle edible cookie dough bites on a bowl of your favorite ice cream flavor, cover them in chocolate for cookie dough truffles, decorate cakes and cupcakes — [the possibilities are endless!](#)

How Long Does Edible Cookie Dough Last?

Store your uneaten edible cookie dough (if there is any!) in an airtight container in the refrigerator for up to one week, or in the freezer for up to six months. Euphoria now, euphoria later! And

remember to always store your [Ben & Jerry's Cookie Dough Chunks](#) in the freezer.

Ready to make your own edible chocolate chip cookie dough?
Here's the recipe:

INGREDIENTS

8 tbsp. unsalted butter (1 stick), room temperature

1 cup brown sugar, packed

2 tbsp. heavy cream

1 tsp. vanilla extract

½ tsp. kosher salt

1 cup flour

½ cup chocolate chips

Prep Time: 15 minutes

Total Time: 15 minutes

Total Yield: About 2 cups

1 Gather all your



ingredients.



- 2 First, heat treat the flour to ensure it is safe to eat. *Do not skip this step, untreated flour can contain contaminants and is not safe to eat.* Place the flour in a microwave safe bowl and microwave on high in 30-second intervals, stirring in between. Use an instant-read thermometer to ensure

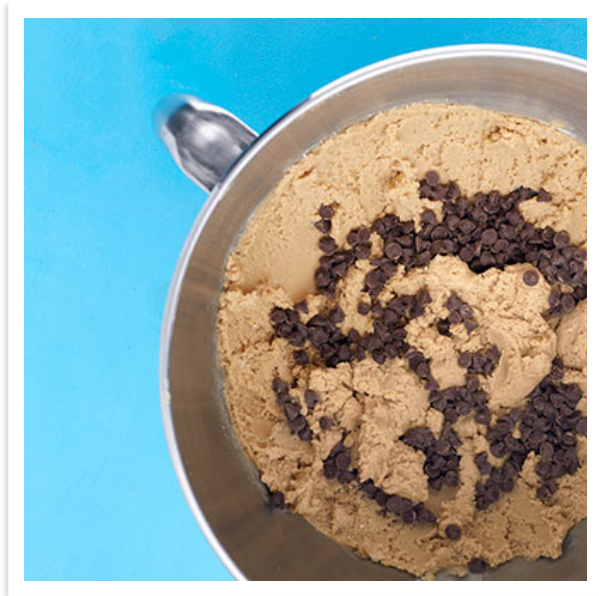
that the flour reaches
165°F throughout.



- 3** In a stand mixer or using a hand mixer, beat together the butter and sugar until light and fluffy.



- 4** Add the vanilla, cream, and salt. Mix to combine. Then add the heat treated flour and mix to incorporate.



5 Fold in the chocolate chips.



6 Serve and enjoy! Store in an airtight container in the refrigerator.