HEALTHY FOOD

People Are Turning Tiny Cookies into Cereal: The Hottest Food Trend on TikTok

By bestfolkmedicine · 31/08/2020 · 2 min read

The beloved Cookie Crisp 90s treat has been given a 2020 spin-food bloggers are using it to make their own homemade cereal on Tik Tok and Instagram.

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This homemade cookie cereal is easy and simple to make and oh, so yummy. The trend appeared on Twitter after Justin Schuble posted his cookie cereal video.

He's behind the popular Instagram account @dcfoodporn and he was inspired by Sydney Melhoff, the one who launched the pancake cereal trend.

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Melhoff said that milk and cookies are a well-known duo, so why not transform it into cereal. She says it was so fun to see people recreate the cookie cereal and add their own twists to it.

Particularly at times like these, cooking and baking can be a really diverting way and an enjoyable time for a lot of people.

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How to Make Your Own Cookie Cereal at Home

To make the homemade cookie cereal, you need cookie dough. Also, you can use chocolate chips for the top of the cookie and several other delicious ingredients.

Healthy, hearty, and tasty, you'll spoil your loved ones with this delightful recipe.

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You need:

½ cup of mini chocolate chips

½ cup of coconut oil

¼ cup of brown sugar

A tsp of vanilla extract

A tbsp of ground flaxseed

3 tbsp of water

1 ¼ cups of whole wheat flour

¼ tsp of salt

¾ cup of quick oats

½ tsp of baking soda

Prep:

Preheat the oven to 400 degrees F and line 2 baking trays with parchment paper.

In a bowl, beat the coconut oil, sugar, and vanilla extract until it's creamy. Add the flaxseed and water and beat again.

Then, add the oats, flour, salt, and baking soda and stir until combined. Add the chocolate chips. The mixture should be crumbly, but it does hold together when you press and shape it.

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Roll the dough into tsp-sized balls. Set them on the baking sheets and leave some space between each.

Bake one tray at a time, around 7 to 10 minutes and until they turn golden brown.

Cool on a wire rack. Serve them with milk.

Enjoy!

Sources:

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