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Flour Power

The purpose of this experiment was to discover if a healthier, yet tasty, chocolate chip cookie can be made with gluten-free flour.

In this experiment, three types of chocolate chip cookies were made with three different flours to see, without knowing which cookie is which, which cookie tasted the best to them on a scale of 1 to 5. The different flours were gluten-free, whole wheat, and regular.

The hypothesis of this experiment, more people will choose the chocolate chip cookie made with the regular flour, was not supported by the data. The hypothesis was not supported because the cookie that was favored the most was the gluten-free instead of the chocolate chip cookie with the regular flour. The average taste ratings (out of 5) for each type of cookie was: whole wheat chocolate chip cookie had an average of 4.13, the gluten-free chocolate chip cookie had an average of 4.59, and the regular chocolate chip cookie had an average of 4.4.

The result of this experiment demonstrates that healthier versions of a classic American treat like a chocolate chip cookie can still taste delicious. As America faces an obesity epidemic, this experiment shows that healthier treats are a small change away.