Chocolate Chip Mealworm Cookies
Mmm…Mmm…Good!

Ingredients
2 ¼ C. Flour
1 tsp. Baking soda
1 tsp. Salt
1 C. Butter (or margarine) softened
¾ C. White granulated sugar
¾ C. Brown sugar
1 tsp. Vanilla
2 Eggs
1 12oz. bag chocolate chips
1 C. Chopped walnuts (optional)
½ C. Dry-roasted mealworms

Preparing Mealworms
Mealworms can be purchased in bait or pet supply stores. Small mealworms are suggested; they generally can be purchased in 50 count quantities. (It takes approximately 250 mealworms to equal a ¼ C). Recommended, but not necessary, mealworms can be placed into a bowl of white, granulated sugar after purchasing. This will be done by removing the mealworms from their containers and placing them into your sugar bowl. Once the mealworms have fed on the sugar for a few hours, remove them (by sifting) from the bowl of sugar. Next, place them into a pan of boiling water for one minute. Drain the mealworms and put on a paper towel for drying. Finally, place them onto a lightly greased cookie sheet, baking at 200 degrees for one to two hours. When cooled, mealworms can be crushed with a spoon.

Baking the Cookies
Preheat oven to 375 degrees. In a small bowl, combine flour, baking soda and salt; set aside. In a large bowl, combine butter, sugar, brown sugar and vanilla. Beat until creamy. Beat in eggs. Gradually add flour mixture and insects, mixing well.* Stir in chocolate chips and nuts (optional). Drop by rounded teaspoonfuls onto ungreased cookie sheet. Bake for eight to ten minutes.

*To reduce the amount of mealworms used, place a few of them on top of the cookie before baking.