

# BOOMbox at Home

## Eating Insects: Chocolate Chirp Cookies



Chances are, if you've grown up in the United States, eating insects sounds like a prank. But, believe it or not, in many parts of the world, eating insects, or entomophagy, is actually very common. Some experts speculate that in the future, people everywhere will be consuming creepy-crawlies.

Why? Well, there are a few reasons. Insects are a great source of protein. Farming insects, when done at a large scale, is inexpensive and less resource-intensive than raising beef or poultry. Some people also consider consuming insects more ethical than consuming mammals, both because they are less intelligent and because it is more feasible to raise them in environments similar to their natural environment.

That said, the arguments for entomophagy aren't black and white. You're unlikely to find crickets on most grocery store shelves. Because entomophagy is still somewhat taboo here, food grade insects are a speciality product that may be hard to find or expensive. There are also safety concerns for some people: if you have a shellfish allergy, you may also be allergic to insects. Although insects are often relatively more protein-dense, because they are so small, it takes thousands of crickets to produce the same amount of protein as a single cow. For some people, this complicates the ethical component. And of course, the obvious concern... TASTE.

Explore the issue of taste by testing 4 different cookie recipes.

### Chocolate Chip Cookies vs Chocolate Chirp Cookies

First up, the classic chocolate chip cookie. Chocolate chip cookies made with cricket flour, a.k.a. chocolate chirp cookies, are often recommended as a gateway into entomophagy since, supposedly, the flavors compliment one another well. Try out [this cookie recipe from Tasty](#). For the control cookies, follow the instructions as written. For the modified version, replace around  $\frac{1}{3}$  of the flour with cricket powder.



## Gluten-free Peanut Butter Chocolate Chip Cookies vs Gluten-free Peanut Butter Chocolate Chirp Cookies

Since the cricket powder replaces some of the flour in the previous recipe, it may interfere with the structure of the cookie. To counterbalance that, try out [this peanut butter chocolate chip cookie recipe](#).

This recipe is designed to be gluten-free, so it doesn't rely on the gluten networks made from flour for its structural integrity. Plus, peanut butter might be a fun twist on the taste! For the control cookies, follow the instructions as written. For the modified version, add  $\frac{1}{4}$  cup of cricket powder for a half-batch or  $\frac{1}{2}$  cup for a full batch.



## Want to explore more?

Check out these resources to learn more about entomophagy.

- [You should start eating bugs. Here's how.](#) - a *Popular Science* article giving an overview of some of the arguments for entomophagy
- [Should we eat bugs? - Emma Bryce](#) - a short TedEd video giving an overview of some of the arguments for entomophagy
- [The Joy of Cooking \(With Bugs!\)](#) - Emily Graslie from Chicago's Field Museum discusses why eating insects is uncommon in the US and tries out several dishes incorporating insects.
- [Will We All Eat Bugs in the Future?](#) - The host of "It's Okay to Be Smart" shares a feast of edible insects with entomophagy experts and science educators.

*What will you learn today?*