3
Raw Cookie Dough Facts

1. What Makes Eating Raw Cookie Dough So Dangerous?

When you read the title of this article, your first thought was probably about eggs. Pretty much everyone knows that eggs, as an animal product, can be exposed to the bacteria Salmonella. Infections from Salmonella can lead to food poisoning, which is super painful and can be very dangerous.

2. Can I Die From Eating Raw Cookie Dough?

In short, yes, you could die, but it's not likely. In very extreme cases, a few people have died from complications of eating raw cookie dough. What's more plausible is for you to develop some symptoms of food poisoning. But you still need to take eating raw cookie dough seriously, even though you probably won't die. Food poisoning is no joke.

3. Can I Make Cookie Dough That's Safe to Eat Raw?

The tough truth is that you can't really make cookie dough that's 100% safe for eating raw. It's difficult to hear, we know, but that's just the way the cookie crumbles. To get around the egg issue, you can certainly use pasteurized eggs which are clearly labeled and typically available at most grocery stores.