

How to Eat an Oreo Cookie

Community
Tested

Two Parts: [Splitting a Plain Oreo Cookie](#) [Enjoying Other Ways of Eating an Oreo](#)

Oreo cookies are a true classic. They are a sandwich-style cookie composed of two crispy exterior halves and a soft icing filling. Originally created in 1912, there have been nearly 500 billion Oreo cookies made, making them the best-selling cooking in American history. ^[1] They are also a cultural icon in similar fashion to Coca-Cola, with plenty of television and movie references. Loved for generations, there are many ways of enjoying an Oreo. Whether you prefer the classic and want to learn to split an Oreo without breaking the filling like John Malkovich's character Teddy KGB in *Rounders* or you want to mix it up and try other ways of enjoying Oreo cookies, we have you covered.

Part
1

Splitting a Plain Oreo Cookie

1 Properly grip the Oreo. Grasp each half of the Oreo cookie softly but firmly with the fingertips of both of your hands. Being smooth and stable is the key here. Don't grasp the Oreo too tight, and definitely don't wiggle the cookie back and forth. Grasping too tight or wiggling may lead to the filling failing to separate cleanly.

- Make sure that both the Oreo and your hands aren't too warm. Warm hands will warm the Oreo and soften its filling, making it more gooey and sticky. A warm Oreo is harder to separate.
- Don't grip the Oreo for too long. The longer you hold the Oreo without starting the next step, the more likely it is to start to warm up.

2 Begin to turn the Oreo. With each half of the Oreo in your fingertips, begin to smoothly rotate your hands in opposite directions. Most Oreo experts rotate the half that is in their dominant hand towards them, while gently rotating their non-dominant hand away from their body.

3 Separate the Oreo. As you gently rotate you will feel a gentle pop come from the Oreo. This is your signal to separate the Oreo by moving your hands apart from each other. It is best to gently pull away so that the filling-covered half of the Oreo and the non filling-covered half of the Oreo don't accidentally bump.

4 Admire your Oreo. With proper technique and a little luck, you should have one half of the Oreo that is completely clear of filling and one half with all of the filling. If so, success! If not, don't worry. This only means that you need to practice by separating (and eating!) more Oreo cookies.

5 Eat Your Oreo. There is no 100% correct way to eat an Oreo, but there aren't any incorrect ways either. Now that your Oreo is ready, you are free to do as you choose. You could even put the Oreo back together, knowing that you were successful. Regardless of what you choose, enjoy the pairing of the sweet taste of victory and the delightful crunch of Oreo cookie.

- Some people enjoy saving the filling-covered side for last, enjoying it in one delicious bite.
- Another popular eating method is to scrape the filling from the covered side off of the cookie with your teeth.

Part
2

Enjoying Other Ways of Eating an Oreo

1

- **Enjoy your Oreo with cold milk.** This is a very popular way of eating Oreo cookies. Dipping an Oreo in milk will soften it and will make the milk taste like an Oreo. If you are dipping, be careful not to leave the Oreo in the milk too long, which will cause it to crumble.

- Some people love to properly dunk an Oreo cookie.
- You can also drop an Oreo cookie in a glass of milk to flavor your milk and leave yourself a sweet treat at the bottom of the glass.

2 Enjoy your Oreo with ice cream. It isn't as if either Oreo cookies or ice cream needed to be any better, but combining the two allows for the creation of some truly unique delights. Here are a few suggestions to get started with.

- You can use Oreo cookies as edible spoons for ice cream. Simple scoop ice cream with an Oreo cookie and enjoy two treats in one bite.
- You can also crush or crumble Oreo cookies and sprinkle them on top of ice cream to add a tasty crunch.
- You can mix Oreo cookies, ice cream, milk, and a banana in a blender to create a delicious Oreo milkshake.

3 Batter and deep fry your Oreo. Believe it or not, deep fried Oreo cookies are a favorite at some fairs and carnivals.^[2] If you have a favorite batter, are a big Oreo fan, and have experience deep frying, this might be worth trying out.

4 Dip Oreo cookies in melted chocolate or whipped cream. For those with a sweet tooth, an Oreo can be even better when dipped in warm melted chocolate or cold whipped cream.

5 Incorporate crumbled Oreo cookies into other recipes. Some bakers make pie crusts or cheesecakes using crumbled Oreo cookies. To make Oreo crumbles that you can incorporate into your own baking simply break Oreo cookies into two or three pieces each and place them in a resealable plastic bag. Roll over the bag several times with a rolling pin and viola, Oreo crumbles!^[3]

- An alternate way of making Oreo crumbles would be to crumble them in a food processor. Just be careful not to over-blend them. Most recipes look for Oreo crumbles, not Oreo flour!

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Community Q&A


What if I don't have the Oreos but I have similar cookies?

 Try it.
wikiHow Contributor Not Helpful 7 Helpful 22


Is it recommended to divide Oreos or just eat them whole?

 There's no "right" way of eating an Oreo. Try it both ways and see which one you like best!
Jayne Lee Not Helpful 3 Helpful 8


Does this work with regular cookies that sandwich whipped cream?

 If the cream is hard enough, yes; otherwise, it will slide and be an uncontrollable mess.
wikiHow Contributor Not Helpful 2 Helpful 5

Is it safe to eat Oreos?

 Yes, it's safe. The "cream" is not real cream though. It's animal fat mixed with sugar.
wikiHow Contributor Not Helpful 34 Helpful 18

Is this the most efficient way of eating an Oreo?

 The most efficient way would be to just bite the Oreo without splitting it. Splitting it adds effort.
wikiHow Contributor Not Helpful 1 Helpful 1

Is an Oreo halal?

 No, Oreos are not halal.
wikiHow Contributor Not Helpful 0 Helpful 0

Warnings

- Be careful when eating Oreo cookies whole. Due to the round shape of the Oreo it can easily become lodged in your throat.
- For the same reason, be careful when giving Oreo cookies to children. Breaking the Oreo into pieces can make it safer for children.
- Eat Oreo cookies in moderation. They are dangerously delicious, and it is easy to eat too many. Not only could consuming too many leave you with a temporary headache, but some health researchers say that sugar enjoyed in excess is as dangerous as tobacco and alcohol. [4]

Sources and Citations

1. <http://www.foodprocessing.com/articles/2005/562/?show=all>
2. <http://allrecipes.com/recipe/166081/deep-fried-oreos/>
3. <http://www.snackworks.com/search/recipe-results.aspx?searchText=oreo>

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