

Whole-Grain Chocolate Chip Cookies D



Prep Time: 2

These cookies are a healthier and more nutritious version of regular chocolate chip cookies without losing the delicious flavor. Oats are used in this recipe as a flour substitute for added fiber and great heart – healthy benefits.

3/4 cup old-fashioned oats
1 cup whole wheat flour
1/2 teaspoon baking soda
1/2 teaspoon salt
1/4 cup unsalted butter, softened
1/4 cup canola oil
1/3 cup granulated sugar
1/3 cup brown sugar
1 large egg
1 teaspoon vanilla extract
1 cup chocolate chips
Non-stick cooking spray

Preheat oven to 350°.

Grind oats in a blender or food processor until they have a texture similar to flour. Transfer to a medium bowl and combine with whole wheat flour, baking soda and salt by hand. Beat butter in a medium bowl with an electric mixer until fluffy. Add oil, white and brown sugars, egg and vanilla; beat until smooth and creamy. Slowly add the dry ingredients and mix on low speed until combined. Stir in chocolate chips by hand.

Drop by Tablespoonfuls onto lightly sprayed cookie sheet, approximately 2 inches apart. Bake cookies about 9-12 minutes. Check after 9 minutes to see if cookies are done (firm edges and slightly golden on top). Cool on the sheets for 1 minute before removing to wire racks to cool completely.

Makes approximately 2 dozen cookies.

Serves 24

Calories 131; Fat 7g; Protein 2g; Carbohydrate 17g; Fiber 2g; Sodium 79mg.

NOTES: _____

Total Cost: \$3.30

Cost Per Serving (24): \$0.13

Harvesters-The Community Food Network
3801 Topping Kansas City, MO 64129

