

Bev's Chocolate Chip Cookies

Beat the back to school blues with a little treat – chocolate chip cookies. It's got that rich chocolate flavor you crave, with a few healthy updates – like less sugar and added whole grains. Want to bump up the protein even more? Try one cup of almond meal in place of the oats.



INGREDIENTS

- ¾ cup rolled oats
- 1 cup whole-wheat flour
- ½ teaspoon baking soda
- ½ teaspoon salt
- ¼ cup butter, softened
- ¼ cup canola oil or melted coconut oil
- ⅓ cup granulated sugar
- ⅓ cup brown sugar
- 1 large egg
- 1 teaspoon vanilla extract
- 1 cup chocolate chips

PREPARATION

1. Preheat oven to 350 degrees. Coat two baking sheets with cooking spray.
2. Grind oats in a blender or food processor. Transfer to a medium bowl and stir in flour, baking soda and salt.
3. Beat butter in a large bowl with an electric mixer until fluffy. Add oil, granulated sugar, brown sugar, egg and vanilla; beat until smooth and creamy. With the mixer running, add the dry ingredients, beating on low speed until just combined. Stir in chocolate chips.
4. Drop the dough by heaping teaspoonfuls, at least an inch apart, onto the prepared baking sheets. Bake cookies, one sheet at a time, until firm around the edges and golden on top, about 15 minutes. Cool the cookies for 2 minutes on the baking sheets, then transfer to wire racks to cool completely.

NUTRITION

Yield: 30 servings, 1 cookie each; Calories: 99; Fat: 5g; Carbohydrates: 12 g; Protein: 1 g; Fiber: 1 g; Sodium: 64 mg; Potassium: 41 mg

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