

# CHOCOLATE OAT COOKIES

*Makes 24 Cookies*

## INGREDIENTS:

- 2 cups quick-cooking oats
- 3/4 cup pecans, finely or roughly chopped
- 1/2 cup all-purpose flour
- 1/2 cup whole wheat pastry flour (or regular whole wheat flour)
- 1/4 cup wheat germ
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 2 large eggs
- 1 cup brown sugar
- 1/2 cup expeller pressed canola oil
- 1 teaspoon vanilla extract
- 1/2 cup dried cranberries
- 1/3 cup semi-sweet mini chocolate chips

## DIRECTIONS:

1. Preheat the oven to 375°F. Line two large baking sheets with aluminum foil and then lightly oil or coat with nonstick cooking spray; set aside.
2. Whisk together the oats, pecans, all-purpose flour, whole wheat flour, wheat germ, baking powder, and salt in a large bowl.
3. In a separate bowl, whisk together the eggs, brown sugar, oil, and vanilla until well combined. Pour the liquid ingredients over the dry ingredients, and stir until just moistened. Mix in the cranberries and the chocolate chips.
4. Working in batches, scoop the batter by rounded tablespoon and place on the prepared baking sheets. Wet your hands (it will be easier to work with the batter), and then flatten slightly with the heel of your hand, forming 2¼ to 2½-inch cookies. Leave about 1 inch between each cookie.
5. Bake 12 to 14 minutes, until golden brown. Cool for 5 minutes on the baking sheet before transferring to a wire rack. Repeat with remaining batter.

## Nutrition Information per Serving (1 cookie):

170 calories, 9g fat (1g saturated), 80mg sodium, 20g carbohydrate, 3g fiber, 3g protein

Traditional chocolate chip cookies taste great but don't have a lot going for them healthwise. My whole grain version amps up the good nutrition by doubling the fiber and protein.

Recipe Created by Liz Weiss, MS, RD, co-author, No Whine with Dinner: 150 Healthy, Kid-Tested Recipes from The Meal Makeover Moms (<http://mealmakeovermoms.com>)

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