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Oatmeal Chocolate Chip Cookies

Makes approximately 2-1/2 dozen cookies.

Serving size 2 cookies. Recipe adapted from AARP.

Ingredients

3/4 cup rolled oats
1 cup whole-wheat flour
1/2 teaspoon baking soda
1/2 teaspoon salt
1/4 cup 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

Nutritional info per serving (2 cookies)

Calories:	188
Total fat:	10g
Cholesterol:	20mg
Sodium:	128mg
Total Carbs:	24g
Dietary Fiber:	2g
Protein:	2g
Potassium:	82mg

Directions

1. Preheat oven to 350°F. Coat 2 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.
4. Add oil, granulated sugar, brown sugar, egg and vanilla; beat until smooth and creamy.
5. With the mixer running, add the dry ingredients, beating on low speed until just combined.
6. Stir in chocolate chips.
7. Drop the dough by heaping teaspoonfuls, at least 1 inch apart, onto the prepared baking sheets.
8. Bake cookies, 1 sheet at a time, until firm around the edges and golden on top, about 15 minutes.
9. Cool the cookies for 2 minutes on the baking sheets, then transfer to wire racks to cool completely.