



Heart Month | Heart Healthy Recipe

Chocolate Chip Oatmeal Cookies — Dessert

- 1/3 cup canola oil
- 2 Tbsps margarine, low saturated fat, such as Smart Balance buttery sticks
- 1/3 cup brown sugar
- 1/3 cup sugar
- 1 egg white
- 1 tsp vanilla
- 1/2 cup all-purpose flour
- 1/2 cup white whole wheat flour
- 1/2 tsp baking powder
- 1/4 tsp salt
- 3/4 cup old-fashioned rolled oats
- 1/2 cup chocolate chips

Yield: 23 cookies
Serving size: 1 cookie

Softened margarine in a large bowl. Add oil, sugars, egg white and vanilla. Mix well. Add dry ingredients and chocolate bits. Stir to combine. Drop by rounded Tablespoon onto a coated cookie sheet. Bake at 350 degrees for 10-12 minutes. Do not overbake; center of cookies should be a little soft when done.

Modifications that made this recipe healthier yet still yummy: most of the margarine was replaced with oil; half the all-purpose flour was replaced with white whole wheat flour; sugars were reduced by about 15%

Nutrient info: 105 Calories, 13 g carbs, 1 g protein, 5 g total fat, 1.3 g saturated fat, 0 mg chol., 45 mg sodium, 1 g fiber