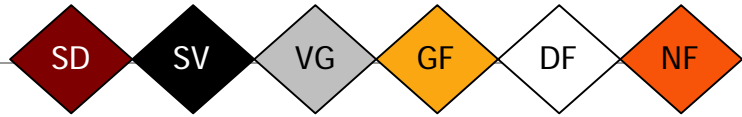


Healthy Swaps Chocolate Chip Cookies

(*see dietary notes)



Recipe by: Chef Kelly Yorke

Be sure to use whole wheat graham flour which is different from other whole wheat flours in that the whole grain is not ground into a fine powder but rather, the bran and germ are coarsely ground producing a sweet nutty flour that is grainy in texture and higher in dietary fiber. The amount of butter used to make traditional chocolate chip cookies has been cut in this recipe with a secret ingredient – white bean puree! The beans boost the fiber, protein, and moisture content and reduce the amount of cholesterol, saturated fat and sodium – and you can't even taste that they are there. The amount of sugar is also reduced by using a blend of Splenda and brown sugar which lowers the amount of carbs and calories. Comparatively, traditional chocolate chip cookie recipes average around 135-150 calories and 7-8 grams of fat per 1 ounce cookie.

Ingredients:

- 1 cup Splenda Brown Sugar Blend
- 3 Tbsp. Smart Balance Buttery Sticks with Omega-3, softened
- 1 cup White beans, canned, drained, pureed in food processor
- 3 tsp. Vanilla extract (not imitation vanilla)
- 1/2 cup Liquid Pasteurized Egg product
- 2 cups Whole Wheat Graham Flour
- 1 cup Rolled oats
- 1 tsp. Baking Powder
- 1/2 tsp. Salt
- 3/4 cup Bittersweet Chocolate Chips (do not use milk chocolate chips)
- 1/2 cup Pecans, chopped (opt.)



Directions:

1. Preheat oven to 375° F. Line two cookie sheets with silicon non-stick mats or non-stick foil.
2. Cream sugar blend, softened butter blend sticks and white bean puree until fluffy. Blend in the eggs and vanilla until well incorporated.
3. Combine flour, oats, baking powder and salt. Add to the creamed mixture and blend together well.
4. Stir in chocolate chips and chopped pecans (opt). Chill dough for 15 to 30 minutes.
5. Drop dough by tablespoons, (about 1 ounce balls) onto prepared cookie sheets. Press dough out to 1/2-inch thick disks (dough will not spread much during cooking) and bake for 10 -12 minutes or until bottoms begin to turn golden brown.
6. Remove from oven and cool cookies on wire rack.

YIELD: 2 – 1/2 dozen (1 ounce) cookies

*Dietary Notes:

- To make Vegan (SV), Vegetarian (VG) and dairy-free (DF), omit Smart Balance Butter-blend sticks and replace with 3 tablespoons of Vegan margarine such as Earth Balance Buttery Sticks. Omit egg product and replace with 1/2 cup “Vegenaise” - vegan eggless mayonnaise.
- To make gluten-free (GF), omit Graham flour and replace with 2 cups of a gluten-free all-purpose baking flour mix.

Per Serving: 105 Calories, 12g Carbohydrates, 3g Fat, 2g Protein, 2g Dietary Fiber, 1mg Cholesterol, 64mg Sodium

Note: For Lower Altitude Baking (below 5,200 feet): Increase Splenda Brown Sugar Blend to 1 – 1/8 cup, reduce vanilla to 2 teaspoons, and reduce graham flour to 1 – 7/8 cup.