



Recipe of the Month

Whole Wheat Chocolate Chip Cookies February 2012

INGREDIENTS

- 3/4 cup granulated sugar
- 3/4 cup packed brown sugar
- 1/2 cup butter, softened
- 1/2 cup canola oil
- 1 teaspoon vanilla
- 1 egg
- 2 cups whole wheat flour
- 1 teaspoon baking soda
- 1/4 teaspoon salt
- 3/4 cup miniature semisweet chocolate chips



DIRECTIONS

1. Heat oven to 375°F. In large bowl, beat sugars, butter, oil, vanilla and egg with electric mixer on low speed until blended. Beat in flour, baking soda and salt until well blended. Stir in chocolate chips.
2. On ungreased cookie sheet, drop dough by rounded measuring tablespoonfuls about 2 inches apart.
3. Bake 7 to 9 minutes or until very light golden brown (centers will be soft). Cool 1 minute.

Remove cookies from cookie sheet to cooling rack. **Yield: 3 1/2 dozen (1 cookie/serving).**

Nutritional Information per Serving:

Calories 110 (calories from fat 50); Total Fat 6g (Saturated fat 2g); Cholesterol 10 mg;
Sodium 65 mg; Total Carbohydrate 13g; Dietary Fiber 1g; Protein 1g

Recipe from www.eatbetterearly.com

