

# Smart Cookie

“My kids love those chocolate chip cookies sold at the mall. I know I can bake them at home much cheaper, but how do I make them healthier?” —*Trish Beyers, Omaha, NE*

## Chunky Chocolate Chip Cookies

WORK TIME: 15 MINUTES / TOTAL TIME: 45 MINUTES / SERVINGS: 16

USING CANOLA OIL INSTEAD OF BUTTER SLASHES SAT FAT, WHILE SWITCHING TO WHOLE WHEAT FLOUR, PLUS ADDING OATS, DOUBLES THE FIBER. THE RESULT: A CRUNCHY COOKIE WITH A CHEWY CENTER.

- 1½ c whole wheat flour
- 1 tsp baking soda
- ½ tsp ground cinnamon
- ½ tsp salt
- ½ c canola oil
- ⅔ c granulated sugar
- ⅔ c brown sugar
- 2 lg egg whites
- 1¼ tsp vanilla extract
- ½ c old-fashioned rolled oats
- ¾ c semisweet chocolate chips or chunks (4 oz)

**1. COMBINE** flour, baking soda, cinnamon, and salt in medium bowl. Whisk together oil, granulated sugar, and brown sugar in large bowl. Whisk in egg whites and vanilla until smooth. Stir in dry ingredients until blended. Fold in oats and then chocolate.

**2. COVER** and chill dough at least 15 minutes. Meanwhile, heat oven to 375°F. Line 2 baking sheets with parchment paper.

**3. SHAPE** dough into 16 balls (¼ scant cup each) with hands, using a little pressure. Place 8 balls on each prepared sheet. With fingers, press each into a patty about 3" in diameter, allowing about 2" between patties for slight spreading.

**4. BAKE** 7 to 10 minutes or until desired brownness (do not overbake), switching position of sheets halfway through. Let cool a few minutes before moving to rack to cool completely.

**NUTRITIONAL INFO PER COOKIE** (4" diameter)  
218 cal, 3 g pro, 32 g carb, 2 g fiber, 10 g fat, 2 g sat fat, 0 mg chol, 162 mg sodium

**CRAVING A CHANGE?** Get a dessert makeover!

E-mail your favorite recipe to [cook@prevention.com](mailto:cook@prevention.com).

### OUR SOLUTION HAS:

- 16% fewer calories
- 50% more fiber
- 67% less sat fat
- than a 2-ounce mall cookie

