

RECIPES

“Brought to you by the Chefs at Cancer Treatment Centers of America”

Recipe from Michell Janah, Pastry Chef at CTCA in Tulsa, Oklahoma

Healthy Chocolate-Chip Cookies

Yield: 12 small cookies

The fiber content in this recipe is sky high, Michell says, thanks to the ground oats and the whole-wheat flour. “Cookies are the best recipes to change flours in,” she says, “and by using whole-wheat flour instead of a traditional white, we are able to up the fiber and keep the taste of the cookie the same.” In addition to boosting the fiber content, Michell has replaced the standard milk or semisweet chocolate chips with dark chocolate chips—a more nutritious alternative—and has cut the fat by using one whole egg and adding only the white from the second. She reduced the fat further by using only half the butter and substituting a canola/olive oil combination for the other half.

½ cup rolled oats

1 cup organic whole-wheat flour

½ teaspoon baking soda

½ teaspoon salt

¼ cup butter, softened

¼ cup canola/olive oil combination

⅔ cup brown sugar

1 medium egg

1 medium egg white

1 teaspoon vanilla extract

1 cup dark chocolate chips

Preheat oven to 350°. Line a baking sheet with parchment paper. Grind oats in blender to make oat flour. Combine with whole-wheat flour, baking soda, and salt and set aside. Beat butter with mixer until fluffy. Add oil, sugar, eggs, and vanilla. Add dry ingredients to mixer and mix just until combined. Stir in chocolate chips. Scoop onto baking sheet and bake 10 to 12 minutes until golden brown.