

Bake It Yourself

Heart-Healthy & Delicious, Eat Well To Live Well



I'll give 2 variations to this recipe, you can try them and decide which ones you prefer yourself. It's a fairly straightforward recipe. Just combine wet ingredients together (using a handwhisk is good enough), then stir in the dry ingredients and finally the chocolate chip cookies.



Makes about 32 cookies (about 2 inches)

Low Fat Chocolate Chip Oatmeal Cookies

(using 100% applesauce)

Ingredients

- Group A
 - 110gm unsweetened applesauce
 - 110gm honey (only if using honey as sweetener. If using coconut sugar or *stevia, add into Group B dry ingredients)
 - 1 egg
 - 1/2 vanilla extract
 - 1/2 tsp apple cider vinegar
- Group B
 - 110gm coconut sugar or 110gm stevia (only if using these as sweetener. If using honey, add it to Group A wet ingredients)
 - 120gm whole wheat flour
 - 1/2 tsp baking soda
 - 2 tsp cinnamon
 - 150gm instant oats
- 360gm chocolate morsels (I love lots of chocolate in my cookie, but if you wish to reduce the sugar and calories, you can reduce the amount of chocolate chips. Do note however, that this cookie gets its sweetness from the chocolate. The dough itself is not very sweet)

** there are many types of stevia available. The one I tested with says to use it in a 1:1 ratio when replacing regular sugar. You need to read the instructions in the stevia you use.*

Or

Low Fat Chocolate Chip Oatmeal Cookies



(using part applesauce part canola oil)

Ingredients

- Group A
 - 60gm unsweetened applesauce
 - 50gm canola oil
 - 110gm honey (only if using honey as sweetener. If using coconut sugar or *stevia, add into Group B dry ingredients)
 - 1 egg
 - 1/2 vanilla extract
 - 1/2 tsp apple cider vinegar
- Group B
 - 110gm coconut sugar or 110gm stevia (only if using these as sweetener. If using honey, add it to Group A wet ingredients)
 - 120gm whole wheat flour
 - 1/2 tsp baking soda
 - 2 tsp cinnamon
 - 150gm instant oats
- 360gm chocolate morsels (I love lots of chocolate in my cookie, but if you wish to reduce the sugar and calories, you can reduce the amount of chocolate chips. Do note however, that this cookie gets it's sweetness from the chocolate. The dough itself is not very sweet)

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Method is the same for both variations

1. Preheat the oven to 170 deg Celsius.
2. Mix together Group A ingredients. Whisk for about 1 to 2 minutes.
3. Add Group B into the Group A mixture and stir well to combine. It will start looking like granola mixture.
4. Add the chocolate chips in batches and stir just enough to combine. It will seem like too much chocolate, but rest assured, it will all be well incorporated into the mixture.
5. Chill the dough for about 30 minutes.
6. Line a cookie sheet or tray with baking parchment.
7. Wet hands, shake off excess, then scoop up equal amounts of dough into your hands. It would be ideal if you use a cookie scoop for uniformity, but if you don't have one, you can also use a spoon. Roll into a ball, then flatten slightly to about 1cm thick.
8. Place the dough balls about 5cm apart onto the cookie sheet or tray
9. Bake for 12 to 15 minutes. Take cookies out of the oven and leave to cool.