



from the kitchen

OF OUR COOK, JENNIFER

Whole Grain Oatmeal Chocolate Chip Cookies

An easy way to get some whole grains into your diet! These soft cookies are delicious and can be adapted to all sort of add-ins like dried cranberries, nuts or sunflower seeds.

INGREDIENTS:

- ¾ cup whole wheat flour
- ½ teaspoon baking soda
- ½ teaspoon table salt
- 8 Tablespoons unsalted butter (1 stick), softened
- 6 Tablespoons granulated sugar
- 6 Tablespoons light brown sugar
- 1 large egg
- ½ teaspoon pure vanilla extract
- ¼ teaspoon water
- 1 cup rolled oats (old fashioned)
- 6 ounces semisweet chocolate chips



Image courtesy of bettycrocker.com

DIRECTIONS:

1. Preheat the oven to 375 degrees (F). Butter or line baking sheets.
2. In a small bowl, whisk together the flour, baking soda, and salt.
3. In a large bowl, beat together the butter, sugars, egg, vanilla, and water. Add the flour mixture and stir to combine. Stir in the oats and chocolate chips.
4. Drop by teaspoons onto the baking sheets, spacing the dough 1" apart. Bake for 10 to 12 minutes, until lightly golden. Remove to cooling racks.