



Healthier Absolutely the Best Chocolate Chip Cookies

READY IN



30 min.

SERVINGS



24

CALORIES



197 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 0.5 cup brown sugar
- ☐ 0.5 cup butter
- ☐ 1 cup oat cereal smashed toasted cheerios[®] such as
- ☐ 2 eggs
- ☐ 2.3 cups flour all-purpose
- ☐ 1 kiwi fruit pureed
- ☐ 2 cups milk chocolate chips

- ☐ 2 teaspoons mexican vanilla extract
- ☐ 0.5 cup sugar white

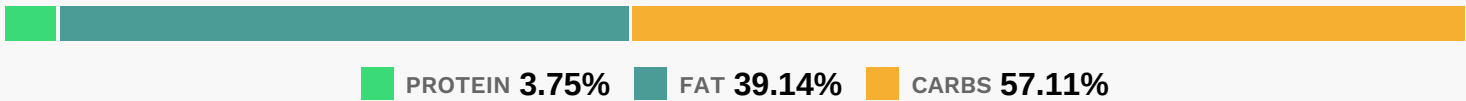
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ wire rack

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease two baking sheets.
- ☐ Cream together the butter, kiwi, brown sugar and white sugar in a large bowl, until light and fluffy.
- ☐ Add the eggs one at a time, beating well with each addition, then stir in the vanilla extract.
- ☐ Combine flour, baking soda, and toasted oat cereal in a bowl; gradually stir into the creamed mixture. Finally, fold in the chocolate chips. Drop by rounded spoonfuls onto the prepared baking sheets.
- ☐ Bake in preheated oven until light brown, about 8 to 10 minutes. Allow cookies to cool on baking sheet for 5 minutes before removing to a wire rack to cool completely.

Nutrition Facts



Properties

Glycemic Index:10.32, Glycemic Load:9.6, Inflammation Score:-2, Nutrition Score:3.1317391317824%

Flavonoids

Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg

Nutrients (% of daily need)

Calories: 196.68kcal (9.83%), Fat: 8.67g (13.34%), Saturated Fat: 5.26g (32.86%), Carbohydrates: 28.48g (9.49%),
Net Carbohydrates: 27.96g (10.17%), Sugar: 17.65g (19.61%), Cholesterol: 23.81mg (7.94%), Sodium: 87.34mg (3.8%),
Alcohol: 0.11g (100%), Alcohol %: 0.3% (100%), Protein: 1.87g (3.73%), Selenium: 5.45µg (7.79%), Folate: 30.59µg
(7.65%), Vitamin B1: 0.11mg (7.08%), Manganese: 0.12mg (5.98%), Iron: 0.91mg (5.03%), Vitamin B2: 0.08mg
(4.66%), Vitamin B3: 0.87mg (4.37%), Vitamin C: 3.02mg (3.66%), Vitamin A: 170.15IU (3.4%), Phosphorus: 25.67mg
(2.57%), Calcium: 23.99mg (2.4%), Potassium: 81.31mg (2.32%), Fiber: 0.52g (2.07%), Vitamin K: 1.92µg (1.83%), Zinc:
0.26mg (1.72%), Vitamin B12: 0.1µg (1.67%), Vitamin B6: 0.03mg (1.57%), Copper: 0.03mg (1.53%), Vitamin E: 0.21mg
(1.39%), Vitamin B5: 0.14mg (1.35%), Magnesium: 5.17mg (1.29%)