



Oatmeal Chocolate Chip Cookies

READY IN



13 min.

SERVINGS



48

CALORIES



130 kcal

DESSERT

Ingredients

- ☐ 2 cups all purpose flour
- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 4 teaspoons ener-g egg replacer powder
- ☐ 1 cup granulated sugar
- ☐ 1 cup brown sugar light packed (I used)
- ☐ 2.5 cups rolled oats/quick cooking oats
- ☐ 0.5 teaspoon salt
- ☐ 1 cup butter unsalted softened

- ☐ 1 teaspoon vanilla extract
- ☐ 1.5 cups walnuts coarsely chopped
- ☐ 7 tablespoons warm water
- ☐ 1 an

Equipment

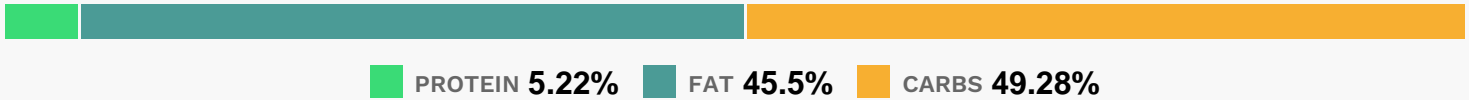
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ mixing bowl
- ☐ blender
- ☐ plastic wrap
- ☐ hand mixer
- ☐ spatula

Directions

- ☐ Process the oats in a food processor/blender. The texture of the powdered oats was not mentioned in the original recipe, so I chose a consistency in between coarse and fine. In a medium size bowl combine together the powdered oats, flour, baking powder, soda and salt; mix well. In a blender, blend together the EnerG powder and warm water until it's frothy; set aside. In another large mixing bowl, cream together the butter and sugars with an electric mixer until light and fluff. Beat in the EnerG mixture and vanilla.
- ☐ Add the flour mix to the sugar mixture; mix well. Stir in the chocolate chips and walnuts. Cover the bowl with a plastic wrap and chill the dough at least for an hour. Around the 45th minute, start preheating the oven to 350F/175C for 15 minutes. Scoop out heaping tablespoons of cookie dough; drop it on ungreased cookie sheet 2 inches apart.
- ☐ Bake on middle rack for 10–12 minutes or until lightly browned. For crisper cookies, I would suggest flattening the dough instead of just dropping them. The scooped out dough doesn't spread much, so it's very chewy in the middle. In that case I think the baking time will also reduce by a minute or two. I used an aluminum pan, so mine took about 13 minutes. The

- baking time will vary if you are using a dark coating non stick cooking pan. Be sure to check it earlier. I used to 2 cookie sheets at a time. So I shifted the pan from the middle layer to the bottom layer and vice-versa after 6 minutes.
- ☐ Remove the baking sheets from the oven and place it on wire racks.
 - ☐ Let the cookies stand for 5 minutes because the cookies will continue to bake. After 5 minutes, transfer the cookies to the cooling racks directly using a spatula and let it cool completely before storing it in an airtight container.

Nutrition Facts



Properties

Glycemic Index:6.71, Glycemic Load:7.47, Inflammation Score:-2, Nutrition Score:3.0047826143387%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg

Nutrients (% of daily need)

Calories: 130.4kcal (6.52%), Fat: 6.8g (10.46%), Saturated Fat: 2.84g (17.73%), Carbohydrates: 16.57g (5.52%), Net Carbohydrates: 15.74g (5.72%), Sugar: 9g (10%), Cholesterol: 10.2mg (3.4%), Sodium: 58.46mg (2.54%), Alcohol: 0.03g (100%), Alcohol %: 0.12% (100%), Protein: 1.75g (3.51%), Manganese: 0.35mg (17.66%), Vitamin B1: 0.08mg (5.11%), Selenium: 3.56µg (5.08%), Magnesium: 19.91mg (4.98%), Copper: 0.09mg (4.61%), Phosphorus: 42.28mg (4.23%), Folate: 14.65µg (3.66%), Iron: 0.63mg (3.48%), Fiber: 0.83g (3.32%), Vitamin A: 119.2IU (2.38%), Vitamin B2: 0.04mg (2.3%), Calcium: 22.23mg (2.22%), Zinc: 0.31mg (2.04%), Vitamin B3: 0.4mg (1.98%), Vitamin B6: 0.03mg (1.42%), Potassium: 47.58mg (1.36%), Vitamin E: 0.17mg (1.14%)