



## One Bowl Chocolate Oatmeal Cookies

READY IN



13 min.

SERVINGS



24

CALORIES



131 kcal

DESSERT

### Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.5 cup brown sugar
- ☐ 4 tablespoons cocoa powder unsweetened dark
- ☐ 1 eggs
- ☐ 1 cup ultragrain flour all-purpose
- ☐ 0.5 cup granulated sugar
- ☐ 4 tablespoons grapeseed oil
- ☐ 0.3 cup greek yogurt

- ☐ 0.7 cup old fashioned quick
- ☐ 0.5 teaspoon salt
- ☐ 1 cup semi chocolate chips
- ☐ 1 teaspoon vanilla extract

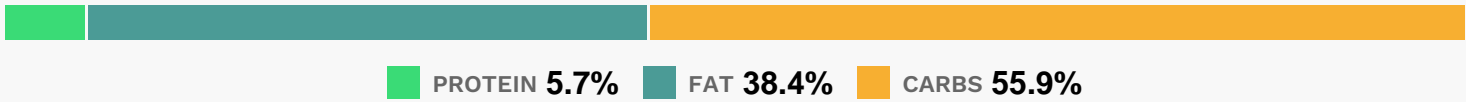
## Equipment

- ☐ baking sheet
- ☐ oven
- ☐ mixing bowl
- ☐ wire rack
- ☐ aluminum foil

## Directions

- ☐ Preheat the oven to 375 degrees F. Line a couple of baking sheets with nonstick foil.In a large mixing bowl, thoroughly stir together all dry ingredients (flour through oats).Make a well in the center and add your oil, egg, yogurt and vanilla.With a mixing spoon, stir the liquid ingredients together in the center of the bowl.
- ☐ Add the chocolate chips, then stir everything (liquid and dry) all together. You should have a thick, smooth, dough.Using a rounded tablespoon, scoop up dough and shape into balls. Arrange about 10 to 12 balls 2 1/2 inches apart on each baking sheet. Press the balls down slightly to make 3/4 inch rounds.
- ☐ Bake one sheet at a time on center rack for about 8 to 10 minutes or until the cookies are set.
- ☐ Let cool on baking sheet for about 3 minutes, then carefully transfer to a wire rack to finish cooling.

## Nutrition Facts



## Properties

Glycemic Index:13.8, Glycemic Load:6.35, Inflammation Score:-1, Nutrition Score:3.2626086635434%

## Flavonoids

Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg Epicatechin: 1.64mg, Epicatechin: 1.64mg, Epicatechin: 1.64mg, Epicatechin: 1.64mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 131.37kcal (6.57%), Fat: 5.71g (8.79%), Saturated Fat: 2.04g (12.73%), Carbohydrates: 18.72g (6.24%), Net Carbohydrates: 17.44g (6.34%), Sugar: 11.5g (12.78%), Cholesterol: 7.37mg (2.46%), Sodium: 94.77mg (4.12%), Alcohol: 0.06g (100%), Alcohol %: 0.23% (100%), Caffeine: 8.37mg (2.79%), Protein: 1.91g (3.82%), Manganese: 0.25mg (12.65%), Copper: 0.15mg (7.29%), Selenium: 4.02µg (5.74%), Iron: 1.01mg (5.64%), Magnesium: 22.54mg (5.64%), Fiber: 1.28g (5.11%), Phosphorus: 50.78mg (5.08%), Vitamin E: 0.75mg (4.99%), Vitamin B1: 0.06mg (3.7%), Vitamin B2: 0.05mg (2.95%), Folate: 11.57µg (2.89%), Zinc: 0.41mg (2.74%), Calcium: 24.7mg (2.47%), Potassium: 80.85mg (2.31%), Vitamin B3: 0.43mg (2.13%), Vitamin B5: 0.11mg (1.14%)