

If you have a desire for a cookie but want something healthy then you'll enjoy these. They are 100% whole grain, gluten free, have no added sugars, no added oil, and contain all the components requisite to satisfy taste and desire to eat healthy. They're moist, mildly sweet and only 113 calories per cookie.

Chocolate Chunk and Nut Chewies

Makes 28 servings – Serving size: one cookie

Ingredients:

1 ½ cups	Rolled oats, 100% whole
1 cup	Pecan pieces, toasted
1 cup	Walnut pieces, toasted
½ cup	Golden raisins
1 teaspoon	Baking soda
¾ teaspoon	Salt
½ teaspoon	Cinnamon, ground
3 tablespoons	Raisin reduction
1 tablespoons	Vanilla
2 tablespoons	Water
1 cup (5 oz)	Dark chocolate chunks, 70% cocoa

Procedure:

In food processor place 100% whole rolled oats and process for 25 seconds. Add pecans, walnuts and process for 20 seconds. Add raisins and process 20 seconds. Add raisin reduction, vanilla, water and process for 30 seconds. Add baking soda, salt, cinnamon and pulse just until well mixed. Lastly, add vanilla, raisin reduction, water and pulse until well mixed.

Transfer dough to mixing bowl and fold in chocolate chunks mixing well by hand. With tablespoon measure, scoop out heaping overfilled tablespoon dough balls (about 1 ½ tablespoons), form by hand into balls and place on non-stick baking sheet at least 1 ½ inches apart. After all dough balls are formed, press down each cookie slightly by hand. Bake at 350°F for about 12 minutes.

Created By Jim Perko CEC, AAC

Calories: 113	Sodium: 97mg	Sugars: 4g	Added Sugars: 0g
Saturated Fat: 2g	Fiber: 2g	Protein: 2.2g	Carbohydrates: 8.7g

Chef Jim's Tips:

- These cookies freeze very well, and defrost quickly because they're so small enabling you to pack for a bagged lunch right from the freezer.

