

## FESTIVE FAIR!

They are quick and simple to whip up and serve as perfect snacks to stave off hunger pangs. Sarah Sinaram, dietitian, National Health Group Polyclinics (NGHP), shows you how.

# COOKIE MONSTER

## Yummy Oatmeal Choc Chip Cookie!



Cookie Monster would give anything to wolf down these wholesome oatmeal-almond cookies and so would you. The best part about this recipe is that you can finish preparing and baking in less than half an hour flat!

Makes about 45 cookies

**ACTIVE TIME:** 15 minutes

**TOTAL TIME:** 1 hour

**EASE OF PREPARATION:** Moderate

- 2 cups rolled oats (not quick-cooking)
- ½ cup all-purpose flour
- ½ cup whole wheat pastry flour
- 1 teaspoon ground cinnamon
- ½ teaspoon baking soda
- ½ teaspoon salt
- ¾ cup margarine
- ¾ cup brown sugar
- 1 large egg
- 1 large egg white
- 1 tablespoon vanilla extract
- 1 cup semisweet or bittersweet chocolate chips
- ½ cup chopped walnuts

### NUTRITION INFORMATION

Per cookie: 1 Carbohydrate Serving

Nutrient	Amount
Total Calories	101 calories
Fat	5g
Monounsaturated Fat	2g
Saturated Fat	1g
Cholesterol	7mg
Carbohydrate	13g
Protein	2g
Fibre	1g
Sodium	45mg

1. Position racks in the upper and lower thirds of the oven; preheat to 350°F. Line 2 baking sheets with parchment paper.
2. Whisk oats, all-purpose flour, whole wheat flour, cinnamon, baking soda and salt in a medium bowl. Beat margarine in a large bowl with an electric mixer until blended into a paste. Add brown sugar; continue beating until well combined - the mixture will still be a little grainy. Beat in egg, then egg white, then vanilla. Stir in the oat mixture with a wooden spoon until just moistened. Stir in chocolate chips and walnuts.
3. With damp hands, roll 1 tablespoon of the batter into a ball, place it on a prepared baking sheet and flatten it until squashed, but don't let the sides crack. Continue with the remaining batter, spacing the flattened balls 2 inches apart.
4. Bake the cookies until golden brown, about 16 minutes, switching the pans back to front and top to bottom halfway through. Cool on the pans for 2 minutes, then transfer the cookies to a wire rack to cool completely. Let the pans cool for a few minutes before baking another batch.