



PEANUT BUTTER OATMEAL CHOCOLATE CHIP COOKIES

INGREDIENTS

- 1/2 cup canola oil
- 3/4 cup packed light brown sugar
- 1/4 cup sugar
- 2 eggs
- 3/4 cup creamy peanut butter
- 1/3 cup low fat milk of choice
- 1/2 tbsp. vanilla extract
- 1/2 tsp. baking soda
- 1 1/4 cup all-purpose flour
- 1/4 cup ground flax seed
- 1 cup rolled oats
- 1/2 tsp. salt
- 1 cup semi-sweet chocolate chips

DIRECTIONS

1. Preheat oven to 350° F. Line two sheet pans with parchment paper.
2. In a medium mixing bowl, combine **oil** and **sugar**. Mix well.
3. Add **eggs**, **peanut butter**, **milk** and **vanilla**. Mix again.
4. Mix in **baking soda**, **flax**, **oats** and **salt**.
5. Fold in **chocolate chips**.
6. Scoop out 3 tbsp. of dough per cookie and place on lined baking sheets.
7. Bake for 15 minutes or until edges of cookies are golden.
8. Allow to cool completely.

MAKES 2 dozen cookies

TOOLS & EQUIPMENT

Measuring cups, measuring spoons, mixer, two sheet pans, parchment paper, medium mixing bowl, rubber spatula

GREAT ADDITIONS/SUBSTITUTIONS

For an extra bit of protein and crunch, add chopped walnuts to the dough.

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