

Gluten Free Oatmeal Chocolate Chip Cookies

Makes fifteen 2" cookies

- ¼ cup light brown sugar or coconut sugar
(coconut sugar is a little less sweet)
- ½ teaspoon baking soda
- ¼ teaspoon salt
- 2 tablespoons butter, at room temperature
- 2 teaspoons vanilla
- 1 large egg
- 1⅓ cup blanched finely ground almond flour
- ¼ cup ripe banana, smashed
- 1 tablespoon nonfat milk powder
- ⅔ cup gluten free quick oats
- A big pinch of cinnamon
- ½ cup chocolate chips
- Optional: Add ½ cup chopped walnuts

Directions

Blend the sugar, baking soda, salt and butter together until smooth. Add the vanilla, egg, almond flour, banana, nonfat milk powder, oats and a big pinch of cinnamon and blend well. Stir in chips. Let the dough sit for 20–30 minutes.

Heat the oven to 350°. Place tablespoon-size balls of dough on a baking sheet lined with parchment paper. Flatten the dough gently to about an inch thick. Bake for 15 minutes. Let cool on baking sheet a few minutes before removing, then transfer to a wire rack.



NUTRITION INFORMATION PER 2 COOKIES

Calories	248
Protein	6 g
Carbohydrates	23 g
Fiber	3 g
Fat	16 g
Sodium	163 g
Potassium	241 mg

Cost per batch: \$3.75

Cost per 2-cookie serving: 50 cents

For more healthy recipes, visit YRMCHealthConnect.org



Yavapai County's leading healthcare blog for health and wellness news from Dignity Health, Yavapai Regional Medical Center.