



HEALTHY COOKING

Chocolate Chip Oat Date Cookies

Ingredients

2 3/4 cups rolled oats, divided
1 cup chopped nuts or seeds
1/2 cup chocolate chips
1 tsp. cinnamon
1 tsp. baking powder
1/2 tsp. salt
9 Medjool dates

1 banana
1 cup unsweetened almond milk
1/4 cup almond butter
1 tsp. chia seeds
1 tsp. vanilla extract
1 tsp. apple cider vinegar

Directions

1. Heat the oven to 375 F.
2. Make oat flour: In a blender or food processor, place 1 3/4 cups of the rolled oats and blend or process until they turn into a powder.
3. In a medium bowl, combine the oat flour, remaining rolled oats, chopped nuts or seeds, chocolate chips, cinnamon, baking powder and salt. Stir well.
4. In a blender, combine the dates, bananas, almond milk, almond butter, chia seeds, vanilla extract and apple cider vinegar. Blend until very smooth.
5. Pour the wet ingredients into the mixing bowl with the dry ingredients. Mix into a dough.
6. On a baking sheet lined with parchment paper or sprayed with nonstick cooking spray, place 1-inch balls of dough and flatten. Repeat in batches until all dough is used.
7. Bake for 12 minutes.

Nutritional Information

Calories: 112 | Total fat: 5g | Saturated fat: 1g | Cholesterol: 0mg | Sodium: 67mg
Total carbohydrates: 15g | Dietary fiber: 2g | Total sugars: 8g (includes 2 g added sugar)
Protein: 3g | Potassium: 153mg

Serving Size

30 cookies