

Here is our recipe for *The Ultimate Healthy Chocolate Chip Cookies*.

### **Ingredients**

#### **Wet**

- 3/4 cup unsweetened apple sauce
- 1/2 stick butter (we use salted butter)
- 3/4 cup raw honey (pick up at your local health food store, substitute regular honey if that is all you have)
- 2 tsp. pure vanilla extract (I advise against using imitation vanilla)
- 1 egg
- 1 egg white

#### **Dry**

- 1 1/2 cups whole wheat flour
- 1 cup whole grain rolled oats (I do not use quick oats, so I roughly chop these oats in my food processors before adding to other ingredients)
- 1/4 tsp. ground nutmeg
- 1/4 tsp. cinnamon
- 1 tsp. baking soda
- 1 tsp. fine sea salt

#### **Finishing touches**

- 12 oz. package of Ghirardelli 60% Cacao Bittersweet Chocolate Chips
- 1/2 cup chopped walnuts
- 1/2 cup chopped raisins (a.k.a. dried cranberries)

Preheat oven to 350 degrees. Now just mix and bake them like a batch of normal chocolate chip cookies. In a mixing bowl, combine all the **wet** ingredients (I **partially** soften the butter in the microwave, just be careful not to melt it too much). Stir them together with a spoon. In a separate bowl, combine the **dry** ingredients. Now carefully stir in the dry ingredients in with the wet. Now stir in the **finishing touches**.

Place cookies on baking sheet and bake at 350 for 10 - 14 minutes (Betsy & I do 12 minutes), depending on your oven and how well done you like your cookies. Enjoy fresh out of the oven, or frozen then warmed in the microwave for 20 seconds.

**Alternate/additional finishing touches** (add whatever you have a taste for here and substitute it for the finishing touches above, here are some ideas for additional )

- 1/2 cup pureed banana (*In our next batch we will use this in place of chopped raisins to switch up the taste*)
- 1/2 cup shredded coconut
- 1 cup Rice Krispies
- 1/2 cup chopped raisins

*\*\*Remember...these cookies freeze well, can be eaten as a breakfast meal and are a great healthy treat for any time of day.*