



Healthier Chocolate Chip Cookie

Ingredients:

3 tablespoons grape seed or vegetable oil
2 ½ tablespoons honey
¾ cup brown sugar
¼ cup granulated sugar
1 ½ teaspoons vanilla extract

3 large egg whites
1 ¼ cups all-purpose flour
1 cup whole wheat pastry flour
1 teaspoon baking soda
1 cup semi-sweet chocolate chips
cooking spray
•Makes 3 ½ dozen

Directions:

1. Preheat oven to 350°.
2. In a small bowl whisk together oil, honey, sugars, vanilla and egg whites.
3. In a medium mixing bowl coming the flours and baking soda, whisk well to combine.
4. Pour the liquid into the flour mixture and mix well, stir in chocolate chips
5. Form tablespoonfuls of the dough and roll into a ball, place on a parchment lined baking sheet, press down gently.
6. Bake for 8- 10 minutes or until golden brown, allow the cookies to rest on the cookie sheet for 2 minutes before removing and cooling on a wire rack.