

# Chocolate Chip Walnut Cookies

You save 240 calories, 3g saturated fat compared with a bakery cookie!

## **Ingredients:**

- ½ cup whole-wheat flour
- ¼ cup rolled oats
- ¼ teaspoon baking soda
- 1/8 teaspoon cinnamon
- 6 tablespoons unsalted butter, softened
- 6 tablespoons brown sugar
- 2 tablespoons granulated sugar
- 1 egg
- 1 teaspoon vanilla
- ½ cup semisweet chocolate chips
- ¼ cup chopped walnuts
- ¼ cup dried cherries

## **Directions:**

Preheat oven to 375°F. In a bowl, combine flour, oats, baking soda and cinnamon. In another bowl, cream butter and sugars until fluffy, 3-5 minutes. Add egg and vanilla; beat until smooth. Blend flour mixture into butter mixture. Stir in chocolate chips, walnuts and cherries. Drop 20 dough balls (1 tablespoon each) onto 2 ungreased cookie sheets, 2 inches apart. Bake until golden brown, 9 minutes. Remove from oven. Let cool on sheets 3 minutes, then transfer to foil to cool fully.

Makes 20 cookies.

## **Nutrition Facts**

Serving Size 1 cookie (26g)	
Servings Per Container 20	
<b>Amount Per Serving</b>	
<b>Calories</b> 120	<b>Calories from Fat</b> 60
% Daily Value*	
<b>Total Fat</b> 6g	<b>9%</b>
Saturated Fat 3.5g	<b>18%</b>
Trans Fat 0g	
<b>Cholesterol</b> 20mg	<b>7%</b>
<b>Sodium</b> 20mg	<b>1%</b>
<b>Total Carbohydrate</b> 15g	<b>5%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 10g	
<b>Protein</b> 2g	
Vitamin A 4%	• Vitamin C 0%
Calcium 2%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	