

Chocolate Chip Bar Cookies

Hands-on - 35 min. Oven - 25 min.

Makes 2 or 4 dozen

My thanks to Registered Dietitian, Lori Hunt, for this delicious guilt-free chocolate chip cookie recipe. The instant pudding and applesauce replace the shortening entirely. (Use chocolate pudding for chocolate chocolate chip cookies.) Since these cookies are so moist, I suggest storing them in the refrigerator or freezer. They freeze wonderfully.

Preheat oven to 350°. Coat one or two 9" x 13" baking dishes with cooking spray.

2 Doz. 4 Doz.

1 cup	2 cup	unsweetened applesauce
3/4 cup	1½ cups	firmly packed brown sugar
2 tsp	1T+1tsp	vanilla
4	8	egg whites

Using a fork, mix well in a large bowl.

1 lg pkg	2 lg pkg	(5.1 oz) instant vanilla or (5.9 oz) chocolate pudding
1 tsp	2 tsp	baking soda
1 tsp	2 tsp	baking powder
2 cups	4 cups	whole-wheat pastry flour*

In a medium-sized bowl, mix with a fork. Then add to the liquid ingredients. Using a large wooden spoon, stir well.



1 cup	2 cups	oats (quick-cooking or old-fashioned)
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Add and mix.

1/2 bag	1 bag	(12 oz) semi-sweet chocolate chips
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Add and mix. Let dough sit about 10 min. Place dough in baking dishes. Lay a sheet of wax paper on top. Press dough out. Remove wax paper.

Bake 25 minutes. When you take the cookies out of the oven, they will look lightly browned on top and be soft to the touch. They will firm up as they cool. Then cut each pan into 24, equal-size bars. If keeping past 2 days, store cookies in refrigerator or freezer.

**To learn more about whole-wheat pastry flour see page 340. You can substitute 1 cup whole-wheat flour and 1 cup all-purpose flour, or for the large recipe, 2 cups whole-wheat flour and 2 cups all-purpose flour.*

Nutrition information for 1 bar cookie

Calories	135	Fat	2 g	Fiber	2 g	Sodium	165 mg	Total Carbohydrate	28 g
Calories from Fat	14%	Saturated Fat	1 g	Cholesterol	0 mg	Protein	3 g	Sugars	16 g