



OATMEAL CHOCOLATE CHIP COOKIES

INGREDIENTS

- 2 tbsp Flax Seed Meal
- 4 tbsp Water
- 1 stick Butter
- 1/2 cup Unsweetened Applesauce
- 2/3 cup Raw Agave Nectar
- 2 large cage free brown eggs
- 1 tsp Almond Extract
- 1.5 cups Whole Wheat Flour
- 1.5 cups Sorghum flour
- 1 tsp Baking Soda
- 1 tsp Salt
- 3 cups Oats
- 1 cup Ghirardelli Choc Chips

NUTRITION STATS: (PER COOKIE, MAKES 32)

CARBS: 21G

PROTEIN: 2G

FAT: 3.3G

SUGAR: 11G

FIBER: 1.3G

CALORIES: 122

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DIRECTIONS

1. Mix water and flax seed meal in small bowl and let sit for 5 mins.
2. Combine all ingredients except flour, oats and chocolate chips in mixing bowl.
3. Set stand mixer to low setting and blend until ingredients are smooth.
4. Add flour, blend.
5. Add oats, blend
6. Add chocolate chips, blend.
7. Use melon baller to place each cookie on a greased cookie tray.
8. Press each cookie ball down so it flattens out and cooks through.
9. Bake at 350 degrees for 15 minutes.