
ZUCCHINI OATMEAL COOKIES



D'LISH

Yield: 4 dozen, 1 serving = 1 cookie **Total time:** 35 minutes

Ingredients

- 1/2 cup unsalted butter, softened
- 1/2 cup sugar
- 1/3 cup brown sugar
- 1 egg
- 1 tsp vanilla extract
- 1 cup all-purpose flour
- 1/2 cup whole wheat flour
- 1 tsp cinnamon
- 1/4 tsp salt
- 1/2 tsp baking soda
- 1/2 cup shredded zucchini
- 1 cup old fashioned oats
- 1 cup dark chocolate chips
- 3/4 cup chopped walnuts

Directions

1. Preheat oven to 350°F. Line baking sheet with parchment paper. Shred zucchini and set off to the side.
2. In a large bowl, cream together butter and sugars until light and fluffy, 5-6 minutes. Beat in egg and vanilla.
3. In a medium bowl, whisk all-purpose flour, whole wheat flour, cinnamon, baking soda and salt.
4. Beat flour mixture into your creamed wet mixture.
5. Stir in remaining ingredients: shredded zucchini, oats, chocolate chips and walnuts.
6. Scoop 1 tbsp balls onto a baking sheet 2 inches apart. Place into the oven and bake for 12-13 minutes or until edges start to brown.
7. Remove from oven and let cool on pan for 1-2 minutes before transferring to a wire rack to cool.
8. Store between pieces of waxed paper in an airtight container.

Grocery List

- Butter
- Sugar
- Brown sugar
- Egg
- Vanilla extract
- All-purpose flour
- Whole wheat flour
- Cinnamon
- Baking soda
- Salt
- Zucchini
- Oats
- Chocolate chips
- Walnuts

Kitchen Equipment

- Grater
- Large bowl
- Medium bowl
- Spatula
- Mixer
- Baking sheet
- Measuring cups & spoons

Per serving: 79 Calories; Total Fat 4g; Saturated Fat 2g; Sodium; 27mg Total Carbohydrates 10g; Fiber 3g; Protein 1g

Nutrition Information

- Zucchini contains zero fat and is high in water and fiber. It also contains significant amounts of vitamins B6, riboflavin, folate, C, and K, and minerals, like potassium and manganese. The summer squash also contains antioxidant and anti-inflammatory phytonutrients.
- Old-fashioned oatmeal provides many nutrients, including carbohydrate, protein and a small amount of natural fat. Because it contains the oat germ, it is rich in minerals, such as calcium, iron, phosphorus, potassium and zinc
- Quality dark chocolate is rich in antioxidants, fiber, iron, magnesium, copper, manganese, and a few other minerals.
- Walnuts contain good kind of fats called polyunsaturated fats, which are better for you than saturated fats. They also have a high amount of omega-3 fatty acids. Studies have shown that eating walnuts can help lower LDL (“bad”) cholesterol in particular, but also lower your cholesterol overall.
- Whole wheat flour is also rich in vitamins B-1, B-3, and B-5, along with riboflavin and folate. It also has more iron, calcium, protein, and other nutrients than white flour.

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