

Best-Ever Chocolate Cookies



Preparation time: 15 minutes / Cooking time: 7 to 9 minutes
Preheat oven to 350°F (180°C) • Baking sheets, ungreased

1 cup	all-purpose flour.....	250 mL
1/2 cup	unsweetened cocoa powder	125 mL
1 tsp	baking soda	5 mL
1/4 tsp	salt.....	1 mL
2	eggs.....	2
1 cup	margarine or butter, softened.....	250 mL
3/4 cup	packed brown sugar.....	175 mL
1 1/2 cups	quick-cooking rolled oats.....	375 mL
1 cup	bran cereal (not flakes).....	250 mL
3/4 cup	white chocolate chips	175 mL

1. In a small bowl, sift flour, cocoa powder, baking soda and salt.
2. In a large bowl, beat eggs, margarine and brown sugar. Fold in flour mixture. Stir in oats, bran cereal and chocolate chips.
3. Drop dough by heaping tablespoonfuls (15 mL), about 2 inches (5 cm) apart, onto baking sheets.
4. Bake in preheated oven for 7 to 9 minutes or until just crisp. Let cool on baking sheets on a wire rack for 5 minutes, then remove to rack to cool completely.

NUTRIENTS Per Serving

Calories: 94	Protein: 2 g
Fat: 2.1 g	Carbohydrate: 18 g
Saturated Fat: 0.3 g	Fiber: 3 g
Sodium: 44 mg	

Source of: thiamine, niacin, folacin, magnesium, iron, fibre

MAKES 42 COOKIES
(1 PER SERVING)

General Mills

Your family and friends will never know that bran cereal is one of the ingredients in these delicious crunchy cookies.

TIPS

When using margarine, choose a non- hydro-generated version to limit consumption of trans fats.

Diabetes Food Choice Values Per Serving

1 Carbohydrate
1 Fat