

# 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