

## Soft Chocolate Chip Cookies

These are the chocolate chip cookies your children will beg for. Soft and satisfying, they feature good-for-you oats and yogurt.

**SERVINGS: about 60 cookies**

**CARB GRAMS PER SERVING: 12**

### Ingredients

- 1 cup rolled oats
- ½ cup butter, softened
- 1 cup packed brown sugar
- 1 teaspoon baking soda
- ¼ teaspoon salt
- 1 8-ounce container plain low-fat yogurt
- 2 eggs
- 1 teaspoon vanilla
- 2½ cups all-purpose flour
- 2 cups semisweet chocolate pieces  
(12 ounces)

### Directions

- 1.** Place oats in a shallow baking pan. Bake in a 375° F oven about 10 minutes or until toasted, stirring once. Place oats in a food processor bowl or blender container. Cover and process or blend until ground; set aside.
- 2.** In a large mixing bowl beat butter with an electric mixer on medium to high speed for 30 seconds. Add brown sugar, baking soda, and salt; beat until combined. Beat in the yogurt, eggs, and vanilla until combined. Beat in as much of the flour as you can with the mixer. Using a wooden spoon, stir in the oats and any remaining flour. Stir in chocolate pieces.
- 3.** Drop dough by rounded teaspoons 2 inches apart on an ungreased cookie sheet. Bake in the 375° F oven for 9 to 11 minutes or until bottoms are browned. Transfer to a wire rack to cool. Makes about 60 cookies.



### Nutrition Facts

**Servings: about 60 cookies**

<b>Calories</b>	<b>82</b>
<b>Total Fat</b>	<b>3g</b>
<b>Saturated Fat</b>	<b>2g</b>
<b>Monounsaturated Fat</b>	<b>1g</b>
<b>Cholesterol</b>	<b>12mg</b>
<b>Sodium</b>	<b>54mg</b>
<b>Carbohydrate</b>	<b>12g</b>
<b>Total Sugar</b>	<b>7g</b>
<b>Fiber</b>	<b>1g</b>
<b>Protein</b>	<b>2g</b>
<b>Calcium</b>	<b>1 (DV%)</b>
<b>Iron</b>	<b>3 (DV%)</b>

### Diabetic Exchanges

<b>Starch (d.e.)</b>	<b>1</b>
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