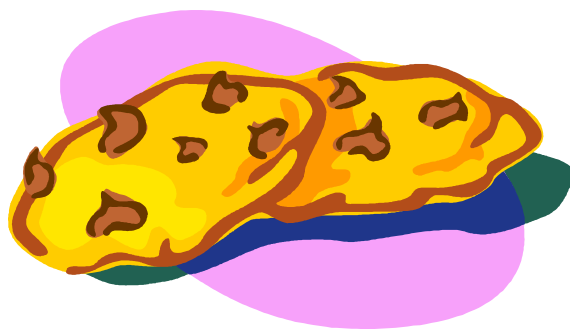


# Wally's Chocolate Chip Cookies

*These cookies are delicious and healthy because they contain whole wheat and old fashion oats. The kids will love them and are best served hot with milk!*

## Ingredients:

½ cup butter  
½ cup brown sugar  
½ cup white sugar  
1 egg  
1 teaspoon vanilla  
1 cup whole wheat flour  
½ teaspoon baking powder  
½ teaspoon baking soda  
¼ teaspoon salt  
1½ cups of rolled old-fashioned oats  
½ cup of chocolate chips  
Optional – ½ cup of raisins or nuts



## Directions:

Preheat oven to 375°. Cream together the butter, brown sugar, and white sugar. Add the egg and vanilla; beat until blended. Sift together in a separate bowl the whole wheat flour, baking powder, baking soda, and salt. Add dry ingredients to butter mixture; blend until smooth. Then add the rolled old-fashion oats, chocolate chips and optional raisins or nuts. Place spoonfuls on ungreased cookie sheet and bake for 8 - 12 minutes.

## More nutritional information on this recipe:

- Old fashion oats have more fiber than quick oats. In quick oats, some of the fiber is removed to speed up the cooking process.
- Whole wheat flour has more fiber and minerals than white flour.
- Nuts are a good source of fiber, vitamin E, folic acid, copper, magnesium and may lower blood cholesterol levels.