



Whole Wheat Coconut Oil Chocolate Chip Cookies

Recipe Source: www.melskitchencafe.com

Yield: 6 dozen cookies

Ingredients:

- 2 ½ cups (11 ½ oz) white whole wheat flour
- 1 ¼ tsp baking soda
- 1 tsp salt
- 1 ¼ cups quick oatmeal
- 1 ¼ cups old-fashioned oatmeal
- 12 oz semi-sweet chocolate chips
- 1 cup lightly packed brown sugar
- 1 cup granulated sugar
- 1 cup extra-virgin coconut oil, soft but not melted
- 3 large eggs
- 1 tsp vanilla

Steps:

- Preheat the oven to 350°. Line two baking sheets with parchment paper and set aside.
- In a medium bowl, combine the flour, baking soda, salt, both kinds of oatmeal, and chocolate chips. Set aside.
- In a large bowl, cream together the brown sugar, granulated sugar, and coconut oil until light in color, 1-2 minutes. Add the eggs and vanilla and whip the mixture for 2-3 minutes.
- Stir in the flour mixtures and mix until well combined.
- Using a small cookie scoop, scoop and roll the dough into scant 1-inch balls and place 1-2 inches apart on the prepared baking sheets.
- Bake 8-9 minutes, until edges are just set and middles are still soft.
- Remove the cookies from the oven and let them sit for 2-3 minutes on the baking sheets before removing them to a wire rack to cool completely.

Tips from the Test Kitchen: White whole wheat flour is just a variety of whole wheat and is still a whole grain. It gives a lighter texture and more mild wheat taste than red whole wheat. Using the combination of types of oats in this recipe helps the cookies spread just the right amount. If you only have one type, keep in mind the cookies may spread more (with old-fashioned) or stay mounded (with quick).

Nutritional Facts (per serving): Calories: 101, Carbohydrates: 14 grams, Protein: 1 grams, Total Fat: 5 grams, Saturated Fat: 3 grams, Cholesterol: 8 mg, Sodium: 59 mg, Fiber: 1 gram, Total Sugars: 8 grams.