



Super Chocolate Chip Cookies

Servings: 40 cookies

Source: *High Fit-Low Fat Vegetarian* cookbook

Ingredients

½ cup brown sugar, firmly packed	1 cup all-purpose flour
¼ cup sugar	½ cup whole wheat flour
⅓ cup margarine, softened	½ teaspoon baking soda
¼ cup cocoa, (Ghiradelli® or Droste® is best)	¼ teaspoon salt
1 teaspoon vanilla extract	½ cup mini semi-sweet chocolate chips
2 egg whites	vegetable cooking spray

Preparation

Preheat oven to 350 degrees F

1. In a large mixing bowl, combine sugars and margarine. Beat until light and fluffy. Add cocoa, and beat until well blended.
2. Add vanilla and egg whites, and beat until blended.
3. Add all-purpose flour, whole wheat flour, baking soda, and salt. Mix until combined.
4. Stir in chocolate chips.
5. Lightly spray cookie sheet with vegetable cooking spray.
6. Drop dough 2 inches apart, by the teaspoonful, onto prepared cookie sheet.
7. Bake until set, 8 to 10 minutes. Do not overbake.

Nutrition Information (per one cookie)

58 calories (35.4% from fat), 2.3 grams total fat (0.7 grams sat. fat), 1 gram protein, 9 grams carbohydrate, 0.6 grams dietary fiber, 0 mg cholesterol, 52 mg sodium, 5 mg calcium