

Selah V. Fitness - Recipes

AVOCADO CHOCOLATE CHIP OATMEAL COOKIES

INGREDIENTS

1 1/2 c. Old-fashioned oats
1 c. White Whole Wheat Flour
1/2 tsp. Baking powder
1/2 tsp. Baking soda
1/2 c. Unsweetened Applesauce
1/2 c. NuNaturals Stevia Baking Blend
1/4 c. Just Like Sugar sub (you can use regular sugar or brown sugar)
1 Flax "Egg" (1 Tbl. Ground flaxseed mixed with 1 Tbl. Water)
1 Whole Avocado
1 c. Vegan Chocolate Chips

DIRECTIONS

Preheat oven to 325. Arrange oats on a small baking sheet and toast, stirring occasionally, until fragrant and golden, about 20 minutes; cool.

Increase oven heat to 350. Line two large baking sheets with aluminum foil.

Sift flour, baking powder, and baking soda together into a small bowl; set aside.

Cream Applesauce, Stevia, and Just Like Sugar in a large bowl of an electric mixer on medium speed. Add "flax egg", increase speed to high and beat until well mixed. Add avocado to the bowl and beat until incorporated. Reduce mixer speed to low, and mix in flour mixture and oats. Stir in chocolate chips.

Slightly flatten and shape each cookie into a 2 inch round and place on baking sheet. Bake until browned, about 20 minutes. Transfer the cookies to a rack to cool. Store in a covered container.