

CHOCOLATE CHERRY HEART-SMART COOKIES

vitaMin

Vital health information in a minute!

You really can make a cookie that is healthier! This yummy recipe cuts down on fat, calories and sodium, and adds whole grains and fruit. Get more heart health tips at www.cdc.gov/features/heartmonth/

Ingredients

1.5 ounces all-purpose flour (about 1/3 cup)
1.5 ounces whole-wheat flour (about 1/3 cup)
1 1/2 cups old-fashioned rolled oats
1 teaspoon baking soda
1/2 teaspoon salt
6 tablespoons unsalted butter

Yield: 30 cookies (serving size: 1 cookie)

3/4 cup packed light brown sugar
1 cup dried cherries
1 teaspoon vanilla extract
1 large egg, lightly beaten
3 ounces bittersweet chocolate, coarsely chopped

Preparation

1. Preheat oven to 350°
2. Weigh flours or lightly spoon into dry measuring cups and level with a knife. Combine flours and next 3 ingredients (through salt) in a large bowl; stir with a whisk
3. Melt butter in a small saucepan over low heat. Remove from heat; add brown sugar and stir until smooth. Add sugar mixture to flour mixture; beat with a mixer at medium speed until well blended. Add cherries, vanilla and egg; beat until combined. Fold in chocolate
4. Drop dough by tablespoonfuls 2 inches apart onto baking sheets coated with cooking spray. Bake at 350° for 12 minutes. Cool on pans 3 minutes or until almost firm. Remove cookies from pans; cool on wire racks



Nutritional Information

Calories: 94
Fat: 3.2g
(sat 1.6g, mono 0.6g, poly 0.2g)
Protein: 1.5g
Carbohydrate: 15.7g
Fiber: 1.3g
Cholesterol: 10mg
Sodium: 88mg



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