

Sue's Peanut Butter Chocolate Chip cookies Preferred

Servings: 28



BEST: 1/2 cup cooked navy beans, pureed, instead of the applesauce and omit flax seed.

Can also use 2T ground flax seed + 3T water mixed, +2T applesauce + 1 tsp vinegar and double baking powder to get more lift and binding in cookie.

I omitted flax seed/water and it worked fine. Still soft and held together the next day.

5 Tbs vegetable shortening

2 Tbs sugar

7 Tbs brown sugar

3 teaspoons vanilla extract

1/3 cup peanut butter

2 Tbs applesauce*

2 Tbs flax seed ground**

1 1/2 cup whole oats

1/2 cup whole wheat flour

1/2 tsp salt

1/2 tsp baking powder

1/2 cup dairy free chocolate chips

Mix flour, baking powder, salt and oats.

Mix shortening, applesauce (or pureed beans if using instead), sugars, and vanilla in a bowl. Add peanut butter.

Other than the chocolate chips, add dry to wet, mix, then add chips. Drop by spoonfuls onto cookie sheet and gently flatten.

Cook 10-12 min until golden at 375 degrees.

Per Serving (excluding unknown items): 59 Calories; 4g Fat (57.5% calories from fat); 1g Protein; 5g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 62mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Fat; 0 Other Carbohydrates.