

# CHOCOLATE CHIP YOGURT COOKIES



**BeHealthyPA.org**

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**SERVINGS: 32 COOKIES** | **SERVING SIZE: 1 COOKIE**

★ **Calories:** 80   **Total Fat:** 3.5g   **Saturated Fat:** 1g   **Sodium:** 50mg   **Carbohydrates:** 12g   **Fiber:** 1g   **Protein:** 1g

## INGREDIENTS

- 1/2 cup unsweetened applesauce
- 1/2 cup firmly packed brown sugar
- 1/2 cup butter (or 1/2 cup stick margarine that is at least 80 percent vegetable oil)
- 1/2 cup plain yogurt (or plain Greek style yogurt)
- 1 1/2 teaspoons vanilla (or 1 1/2 teaspoons maple or table syrup)
- 3/4 cup rolled oats
- 1 cup all-purpose flour
- 1/2 teaspoon baking soda
- 1/2 cup miniature chocolate chips

## DIRECTIONS

1. Heat oven to 375 degrees.
2. In a large bowl, combine applesauce, brown sugar, and butter. Beat until combined, about 1-2 minutes. If butter is cold, there will be small clumps of butter in this mixture. That is okay.
3. Add yogurt and vanilla; blend well.
4. Stir in flour, oats, and baking soda; mix well. Stir in chocolate chips.
5. Drop dough by rounded teaspoonfuls onto un-greased cookie sheets 2-inches apart.
6. Bake for 12 minutes or until light and golden brown.
7. Cool for 1 minute; remove soft cookies from cookie sheets. Cookies will begin to stick, if they stay on the pan any longer.

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*Recipe adapted from Cornell University Cooperative Extension, Eat Smart New York*

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