

Healthy Eating Hacks

Webinar Resources

Healthy Oatmeal Chocolate Chip Cookies

These soft and fluffy cookies are made with wholesome, real food ingredients like oats, yogurt and banana.

Ingredients

Makes 12 large cookies

- 2 cups plain, low-fat yogurt
- 1 large egg
- 2 ripe bananas, mashed
- 4 cups rolled oats (old-fashioned or quick cooking)
- 2 tsp baking soda
- 1/4 tsp salt
- 1/2 cup dark chocolate chips

Directions:

1. Preheat the oven to 350°F
2. In a large bowl, mix yogurt, egg and mashed banana
3. Add oats, baking soda, salt and chocolate chips. Mix well
4. Line a cookie sheet with parchment paper, or lightly oil. Roll small handfuls of dough

into balls, and place onto the cookie sheet, flattening slightly into a cookie shape

5. Cook for 15 minutes, or until lightly browned



SCRUMPTIOUS SAUCES



CREAMY PEANUT

- Start with: Peanut butter, thinned with milk or water
- Mix in dashes of: Soy sauce, lime juice, brown sugar and sriracha
- Serve: Warm over stir-fry bowl



LEMON GARLIC

- Start with: Lemon juice and plain yogurt or sour cream
- Mix in dashes of: Sautéed garlic, parsley, salt and pepper
- Serve: Warm over pasta, seafood, chicken or vegetables



RAD RANCH

- Start with: Plain yogurt or buttermilk
- Mix in dashes of: Garlic, chives, dill, apple cider vinegar
- Serve: On salads or in wraps



TANGY BALSAMIC

- Start with: Olive oil, balsamic vinegar and mayonnaise (optional)
- Mix in dashes of: Honey, mustard and spices (e.g. fennel, garlic)
- Serve: On salads and roasted vegetable bowls