



Blueberry and White Chocolate Chunk Ginger Cookies

Makes 24 cookies

This colorful cookie is quick, easy and full of flavor. By substituting canola oil for butter, the amount of saturated fat is decreased. Try this one... you won't regret it!

- 1/2 cup all-purpose flour*
- 1/2 cup whole wheat flour*
- 1/4 cup ground flaxseed meal (or wheat germ)
- 1/2 tsp. baking soda 1/2 tsp. salt
- 1/4 tsp. ground ginger 1/4 cup egg substitute (or 2 egg whites)
- 3/4 cup brown sugar 1/3 cup canola
- 1 tsp. vanilla
- 1/2 cup oats, quick-cooking or old-fashioned (not instant)
- 1/4 cup white chocolate chips
- 1/3 cup dried blueberries (dried cranberries or cherries also work well)
- Optional: 1/4 cup crystallized ginger, chopped

*Option 2: You may use 1 cup all-purpose flour and omit whole wheat flour.

- Preheat oven to 375°.
- Whisk together flour, ground flaxseed, baking soda, salt and ground ginger in a small bowl. Whisk egg substitute, brown sugar, oil and vanilla in a large bowl.
- Add the dry ingredients to the wet ingredients; stir to combine. Add oats, white chocolate chips and blueberries; stir just to combine.
- Drop by rounded tablespoonfuls onto 2 ungreased baking sheets 1 1/2 inches apart.
- Bake the cookies for 8-10 minutes until puffed and barely golden around the edges. Cool on the pans for 2 minutes; transfer to wire rack to cool completely.

Recipe adapted from Eating Well Magazine.

Nutritional Information (per cookie):

Calories: 90	Carbohydrate: 12.3g
Total Fat: 4.2g	Dietary Fiber: 1.1g
Saturated Fat: 0.6g	Protein: 1.5g