

Whole-Grain Chocolate Chunk Cookies

1½ cups whole-wheat pastry
 flour
 1 cup quick-cooking oats
 1 teaspoon baking soda
 1 teaspoon salt
 ¼ cup canola oil
 2 tablespoons butter
 ¾ cup granulated sugar
 ¾ cup brown sugar
 ¾ cup chunky natural peanut
 butter
 2 eggs
 1 teaspoon vanilla extract
 12 ounces bittersweet or
 semisweet chocolate
 chunks

Dark chocolate, less butter, and whole grains take the edge off guilt for this version of “monster cookies.” Use natural peanut butter, with no added fats or sugars.

1. Preheat the oven to 375°F.
2. Combine the flour, oats, baking soda, and salt in a medium bowl, and mix well.
3. Cream the oil, butter, granulated sugar, and brown sugar in a large bowl with an electric mixer, starting on low speed and finishing with a couple of minutes on high speed. Add the peanut butter, eggs, and vanilla, and mix well.
4. Slowly beat the dry ingredients into the peanut butter mixture, with the mixer on low. Scrape down the sides as needed. The dough will be very thick. Fold in the chocolate chunks.
5. Form cookies, with hands, in 3-inch rounds on a baking sheet; you will have to press the dough together a bit to shape the cookies. Bake for 12 to 14 minutes, until just a hint of brown on the bottom.

Makes about 2½ dozen cookies

DID YOU KNOW? The amount of food dyes allowed for daily consumption per capita has increased to almost five times since 1955, according to FDA data.