

Catherine M. Gurski, ND, MSOM, LAc.
1962 NW Kearney, Ste. 203
Portland, OR 97209
503-333-9753

Dr. G's Glorious Chocolate Chip Oatmeal Cookies

Ingredients:

1/2 cup Almond Flour (***1 cup if you are avoiding wheat and gluten**)

1/4 cup Aranji Flour (*High protein flour)

1/4 cup Whole Wheat Pastry Flour (Bob's Red Mill or BarryFarm.com)

1/2 tsp ground cinnamon

1/2 tsp baking soda

1/4 tsp salt

1/2 cup of organic butter, unsalted, softened to room temperature

1/4 cup of packed brown sugar

1/4 cup or less of baker's sugar or sugar in the raw

*With the sugar you can experiment with **Erythritol**. It is a sugar alcohol that doesn't get absorbed as a carbohydrate. It is much sweeter than sugar. It doesn't affect glucose or insulin levels.

Other sugar substitutes are Stevia, Monk Fruit Extract and Truvia (a combo of stevia and erythritol).

1 large egg at room temperature

1 tsp organic pure vanilla extract

1 1/2 cups of Bob's Mill Museli (**Gluten free option is available**)

1/8th tsp of cinnamon and allspice

1/8th cup of wheat germ (**optional—avoid with wheat sensitivity**)

1 cup of semi-sweet chocolate chips (Toll House uses sugar, no additives, preservatives or artificial coloring or flavors)

***Sugarless options are ChocZero and Lakanto Semi-Sweet Chocolate Chips—Find these online or at Thrive Market online.**

Directions:

1. Preheat oven to 350 F and line 2 baking sheets with parchment paper.
2. Mix the first six ingredients and set aside.
3. In a larger mixing bowl cream the butter and sugars until smooth. Mix in the egg and vanilla extract.
4. Add the dry ingredients about 1/2 cup at a time until combined.
5. Mix in the museli and wheat germ (or omit the wheat germ).
6. Mix in the Chocolate chips.
7. Place 1 Tablespoon of cookie dough on the parchment covered baking sheets. Leave approximately 1/2 to 1 inch between the cookies.
8. Bake at 350 F for 10 to 13 minutes.
9. Cool for 5 to 7 minutes and then transfer to a plate.
10. Once completely cool, store in a secure tin or Tupperware.