

## Decadent Dark Chocolate Oatmeal Cookie

This decadent dark chocolate oatmeal cookie has been created to allow for indulgence in a delicious treat while keeping health in mind. It utilizes food ingredients of Canadian origin to be trans fat free, low in saturated fat and a source of antioxidants, iron, fiber, Omega 3- DHA, and vitamin C. The addition of Vinifera Cabernet Powder gives the cookies a slight fruity aftertaste complimenting the addition of apple sauce while supplying a good source of antioxidants, iron and fiber. Ocean Nutrition’s Meg-3 encapsulated fish oil supplies the cookies with a rich source of Omega-3 DHA for heart and brain health. The dark chocolate provides the cookie with a fudgy flavor as well as a source of antioxidants, while the flaxseed meal and oats provide texture and fiber.

The cookie can be described as moist, chewy, fudgy, and chocolatey.

	Baker's %
Coasun soybean	111%
Unsweetened Apple Sauce	33%
White Sugar	56%
Golden Yellow Cane Sugar	122%
Liquid Whole Egg	56%
Vanilla	3%
Dark Chocolate (50% cocoa)	44%
Nutri Flour blend	100%
Oats	133%
Flaxseed Meal	22%
Vinifera Cabernet Powder	22%
Cocoa Powder	22%
Baking Soda	4%
Salt	1%
Meg-3-Omega-3 DHA powder	6%
White Chocolate Chips	67%

<b>Nutrition Facts</b>		
Cookie made with Coavel Shortening Alternative		
Serving Size	(23 g)	
	Amount	% DV*
<b>Calories</b>	90	
<b>Fat</b>	3.5 g	5 %
Saturated + Trans	1 g 0 g	5 %
<b>Cholesterol</b>	10 mg	3 %
<b>Sodium</b>	50 mg	2 %
<b>Carbohydrate</b>	13 g	4 %
Fibre	2 g	8 %
Sugars	4 g	
<b>Protein</b>	2 g	
Vitamin A	0 %	
Vitamin C	6 %	
Calcium	2 %	
Iron	8 %	
* DV = Daily Value		

1. Preheat oven to 350 degrees C
2. Cream together Coasun, unsweetened apple sauce, white sugar, and brown sugar until incorporated.
3. Melt dark chocolate, let cool.
4. Mix cooled melted dark chocolate, eggs and vanilla to creamed mixture.
5. Combine nutri flour blend, oats, flaxseed meal, Vinifera cabernet powder, cocoa powder, baking soda and salt in a separate bowl.
6. Add dry ingredients to creamed mixture and mix together.
7. Add white chocolate chips.
8. Scoop desired size onto baking sheet 26g for a 23g (portion controlled) cookie
9. Bake for 12 minutes