

Low Fat Chocolate Chip Cookies

Source: Canyon Ranch Health Resorts

Canyon Ranch is known for their delicious low fat cookies. The most popular request is this Chocolate Chip Cookie recipe. They are soft, sweet and best served warm!

INGREDIENTS:

Canola oil
1/4 C butter
1/2 C sugar
3/4 C packed brown sugar
1 egg
1/3 C nonfat yogurt
1/3 C unsweetened applesauce
2 tsp vanilla extract
2 C sifted all-purpose flour
1 tsp baking soda
1/2 tsp salt
6 oz miniature semisweet chocolate chips

DIRECTIONS:

Preheat oven to 350° F. Spray Teflon coated cookie sheet lightly with canola oil. In large bowl, cream butter with sugar + brown sugar - add egg - mix well. Add yogurt, applesauce + vanilla. Mix well and set aside. In medium bowl, combine flour, baking soda + salt. Add to creamed mixture - mix well. Add chocolate chips. Refrigerate dough till well chilled.

Measure 1 1/2 TBS dough per cookie and place 2" apart onto cookie sheet. Bake 8-10 minutes till cookies begin to turn golden on edges. Let cool before removing from pan.

NOTE: For crispier cookies, freeze dough at least 2 hours before baking.

Serves 24 (1 serving = 2 cookies)

Nutrition Facts: Calories: 138 **Fat:** 4g **Carbohydrates:** 24g **Cholesterol:** 14mg **Sodium:** 110mg
Protein: 2g **Fiber:** 1g **%Cal. from Fat:** 26% **%Cal. from Carbs:** 70%