

**Flax Chocolate Chip Cookies**

1 1/3	cups	all purpose flour, sifted	330	mL
2/3	cup	milled flax	160	mL
1/3	cup	milk chocolate chips	80	mL
1	tbsp.	cocoa	15	mL
1 1/2	tsp.	baking soda	7	mL
1/2	tsp.	salt	2	mL
1/2	cup	non-hydrogenated margarine, melted	125	mL
1/2	cup	brown sugar	125	mL
1/3	cup	white sugar	80	mL
1 1/2	tsp.	vanilla	7	mL
1		egg	1	

- Preheat oven to 350° F (180° C).
- Combine flour, milled flax, chocolate chips, cocoa, baking soda and salt; mix well.
- In a separate bowl, beat together brown sugar, white sugar and egg until both sugars are dissolved.
- Add melted non-hydrogenated margarine and vanilla to the egg mixture; mix well.
- Stir in dry ingredients. Knead dough with your hands to mix in ingredients.
- Cover dough and chill in refrigerator for 12 hour.\*\*
- Lightly spray cookie sheet with non-stick spray; wipe off excess.
- Lightly coat hands with vegetable oil or non-stick spray to handle cookies easier.
- Measure 1 tbsp. (15 mL) chilled dough, roll and flatten (Canadian loonie coin size).\*\*\*
- Place on cookie sheet 2 inches (5 cm) apart (15 per tray).
- Bake for 12 minutes.
- Remove from oven and cool on wire rack for 5 minutes.
- Remove from tray and cool to room temperature.

**Note:**

\*\* Cookies can be formed without chilling after the final mixing stage.

\*\*\* These cookies require forming because of the decreased amount of shortening.

Yield: 29 2 inch (5 cm) cookies with 1/2 inch (1.27 cm) thickness

Serving Size: 2 cookies

**Single Serving Nutrient Values**

Calories	110.7
Protein	1.67 g
Carbohydrate	15.32 g
Fat	4.9 g
Cholesterol	16.9 mg
Saturated Fat	0.97 g
Monounsaturated Fat	2.01 g
Polyunsaturated Fat	1.53 g
Dietary Fibre	1.12 g
Sodium	154.0 mg
Potassium	58.3 mg

