



## **Almost Guilt-Free Chocolate Chip Oatmeal Cookies**

*Now you can have your sweets without the guilt! The whole wheat pastry flour keeps these cookies from getting too heavy. And the Xylitol stabilizes blood sugar so you can eat just two or three and not crave more!*

Makes: 3 – 4 dozen

### **Ingredients**

- 1/2 cup trans-fat free shortening
- 1 cup Xylitol
- 1 cup whole wheat pastry flour
- 1 cup oatmeal
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1 tablespoon water
- 1 egg
- 1/2 teaspoon vanilla
- 6 ounces of semi-sweet chocolate chips

### **Directions**

1. Preheat oven to 325 degrees.
2. Lightly grease a cookie sheet.
3. Cream shortening, sugar and vanilla.
4. Beat in egg and water.
5. Sift together flour, soda and salt.
6. Add flour mixture to creamed mixture, blending well.
7. Stir in oats and chocolate chips.
8. Drop by teaspoonfuls onto greased cookie sheet, about 2 inches apart.
9. Bake at 325 degrees for 10-12 minutes.