

Chocolate Cookies

Ingredients

- 1 packet of Betty Crocker Double Chocolate Chunk Cookie Mix
- 1 tablespoon of Canola oil
- 2 egg whites
- 6 tablespoonful of instant oat
- 3 tablespoon of ground flaxseed
- 150mls of water



Preparation

- Place cookie mix, oat and flaxseed into a large mixing bowl
- Mix thoroughly before adding the other ingredients
- Add Canola oil, egg whites and mix thoroughly
- Add water slowly as you stirred until soft dough is formed.
- Preheat oven to 180 deg C
- Grease lightly using Canola Oil Spray and place cookie dough onto it
- Bake at 200 deg C for 7 to 9 mins (depends on oven type)
- Once ready, use a toothpick to poke the center of the cookie, it should be soft and does not stain the tooth pick.
- Set aside and cool completely before storing in an airtight container.

Nutritional Information:

Serving size: 2 Cookies

(30 grams)

Calories: 164 cal.

Fat: 4g

Protein: 2g

Carbs: 30g