

## Oat Chocolate Chip Cookies

### Ingredients:

- 2 cups oats (keeps you fuller for longer)
- 1 ½ cups flour (I use oat flour)
- 1 ½ tsp baking powder
- 1 cup milk (I use almond milk)
- 2 eggs
- 4 tbsp liquid sweetener (honey, maple syrup, golden syrup etc.)
- ½ cup dark chocolate chips
- (Optional) 4 tbsp peanut butter

### Method:

1. Preheat the oven to 180°C. Line two baking trays with baking paper.
2. If using oat flour, blend 1½ cups of oats in a blender.
3. Mix dry ingredients together, excluding the chocolate chips, in a large bowl. Add wet ingredients and stir until all the ingredients are well combined.
4. Add chocolate chips and fold through the batter.
5. Place evenly sized spoonfuls of the batter onto the baking trays and place in the oven for 13 minutes.
6. Take out of the oven and allow to cool slightly before eating. Store in a sealed container in the fridge.

Makes 13-14 cookies

Try this healthy take on a good old-fashioned chocolate chip cookie! These are my absolute favourite cookies! They are so easy to make and they are a delicious, healthy snack to have on hand. They take barely any time to make and once they are made they keep for about a week. Please let me know how you find them on the Carmel Wellness Instagram! (@carmelwellness)