**CHEW Baking: “Smart Cookies”**  
Chocolate Chip Oatmeal Flaxseed Cookies

Prep Time: 15 min  
Cook Time: 9 min  
Total Cost: $6.13 ($0.17 per cookie)  
Yield: 3 Dozen

- 2 cups all-purpose flour  
- 1 teaspoon baking soda  
- 1 teaspoon salt  
- 1 cup butter, softened  
- 3/4 cup granulated sugar  
- 3/4 cup packed brown sugar  
- 1 teaspoon vanilla extract  
- 2 large eggs  
- 1/4 cup flax seed  
- 2 cups chocolate chips  
- 1 cup whole rolled oats

1. Preheat oven to 375 degrees F.  
2. Combine flour, baking soda and salt in small bowl and set aside.  
3. In another bowl, beat butter, granulated sugar, brown sugar and vanilla extract. Add eggs and beat in one at a time. Stir in flax seed.  
4. Gradually beat in flour mixture into butter mixture. Stir in chocolate chips and oats.  
5. Drop by rounded tablespoon onto ungreased baking sheets and bake for 9 to 11 minutes.

**Highlight Ingredients:** Whole Rolled Oats & Flaxseed

**Whole Rolled Oats**
- Inexpensive way to add whole grains to recipe  
- Increases fiber and protein content of product  
- Increases duration of satiety  
- Good for gastrointestinal health—reduces risk of diverticular disease, cancers, and keeps people pooping.

**Flaxseed (Choose ground flax seed)**
- Good source of omega-3 fatty acids—aid in brain health and essential to include in diet.  
- Can help lower cholesterol levels and has anti-inflammatory properties  
- Adds fiber to foods—great addition to baked goods, and can sprinkle on yogurt/cereal or put into smoothies as desired.