

## Oatmeal, Chocolate Chip and Pecan Cookies

1 ¼ cup unbleached white flour  
1 cup regular oatmeal  
¾ teaspoon baking powder  
½ teaspoon baking soda  
½ teaspoon salt  
¾ cup granulated sugar  
½ cup brown sugar  
1/3 cup butter, softened  
1 ½ teaspoons vanilla extract  
1 large organic egg  
¼ cup chopped pecans (or walnuts)  
½ cup semisweet chocolate mini-chips

Preheat oven to 350 degrees. Spray cookie sheet with Pam

1. Place sugars and butter in large mixing bowl, beat until well blended.
2. Add vanilla and egg, beat well.
3. Gradually add flour, baking powder, soda and salt, mix well. Blend in oatmeal until well mixed.
4. Mix in nuts and chocolate chips.
5. Place by Tablespoonfuls on cookie sheet and bake for 12 minutes or until lightly browned.
6. Remove from cookie sheet and place on cooling rack.

Calories per cookie 81, Fat 3grams, Carb 12.9 grams