



A RED SOX FOUNDATION AND
MASSACHUSETTS GENERAL HOSPITAL PROGRAM



Dark Chocolate Oatmeal Cookies

Makes about 22 cookies

Ingredients:

2 eggs
1/3 cup melted oil (butter, coconut, canola, etc.)
3/4 cup maple syrup
1 cup unsalted natural nut butter (peanut, almond, etc.)
3 1/4 cups rolled oats
2 tsp vanilla extract
1/2 tsp cinnamon
1/2 tsp baking soda
1 cup dark chocolate chips
Optional: Coarse sea salt (for topping)



Directions:

1. Preheat oven to 350 degrees F. Line baking sheet with parchment paper.
2. In a medium bowl, mix together eggs, melted oil, maple syrup, nut butter, and vanilla.
3. In a separate large bowl, mix together oats, cinnamon, baking soda, and dark chocolate.
4. Combine wet ingredients with the dry and stir to combine until dry mixture is evenly coated.
5. Drop 1/4 cup of dough onto baking sheet. Flatten slightly. Leave a couple of inches between cookies. Optional: Sprinkle each with a few sea salt flakes.
6. Bake for 10-12 minutes or until golden brown. Cool on rack before serving.

Nutrition Tips:

1. This recipe is a fun twist on a traditional chocolate chip cookie. Use peanut butter, almond butter, or any other natural “nut butter.” Benefit: nut butters provide extra protein and heart-healthy fats while adding a gooey and delicious taste.
2. The more nutritious choice of chocolate is dark chocolate (at least 60-70% cocoa), as it is a good source of antioxidants. Many recipes that call for milk chocolate can be modified to include 1/2 milk chocolate and 1/2 dark chocolate.
3. Keep in mind that consuming chocolate may contribute to heartburn or reflux symptoms.

Source:

Nicolette Maggiolo is the Registered Dietitian for Home Base, a Red Sox Foundation and Massachusetts General Hospital Program, where she provides individual and group nutrition counseling to veterans and their families. Originally from New York, Nicolette brings her love of cooking, fitness and an integrative approach as she supports patients with individualized nutrition plans.