

## WALNUT CHOCOLATE CHIP COOKIES (gluten free & egg free - with option of dairy free)

1 cup organic rolled oats  
1 cup walnuts  
1 cup rice flour (or wheat flour/spelt flour)  
½ tsp cinnamon  
½ tsp sea salt  
¼ cup maple syrup  
2 tbsp canola oil or melted butter  
¾ cup mashed bananas (or applesauce or mango puree)  
¼ cup to 1/3 cup of chocolate chips (can use raisins instead or dairy free choc chips)

Preheat the oven to 350 degrees. Oil a cookie sheet and set aside. Using a food processor, grind the oats and the walnuts together into a coarse mixture. Place in a bowl.

Add the flour, cinnamon, and salt and mix well. In a separate bowl, whisk together the maple syrup, oil, and the fruit puree. Add the dry mixture to the wet mixture and add the chocolate chips. Combine with a wooden spoon or spatula. Using a 1 ounce scoop or a tablespoon, scoop out the dough onto the prepared cookie sheet. Bake for 15-20 minutes or until golden brown.

I got this recipe from The Chopra Center Cookbook & I modified it, making it less sweet by decreasing the amount of chocolate chips and the amount of maple syrup. I always make it with bananas because it think it tastes the best.

If you are counting calories I think each cookie would be between 135 – 150 calories each.

ENJOY

DR. MICHELLE WILLIS ND