

Chocolate Chip Cookies

1 stick butter (½ C)



(1 tsp butter = 1 fat)

24 fats

½ C oil

(½ C = 24 tsp)

24 fats

¼ C sugar

¼ C brown sugar

(4 tsp = 1 carb)

(½ C = 24 tsp = 6 carbs)

6 carbs



1 tsp vanilla

1 egg



(1 egg = 1 protein + 1 fat)

1 protein + 1 fat



1½ C w.w. flour

(measure then sift)

(¼ C = 22g carb + 4g fiber + 4g protein)

1½ C = 132g carbs = 9 exchanges

9 carbs + 24g fiber

+ 3 protein

1 tsp salt

¼ tsp b. soda





1½ C walnuts

(6 oz bag)

¼ C = 4 fats + 1 protein

24 fats + 6 protein

+ 2g fiber

1 C Ghirardelli dark chocolate chips (11.5 oz bag ~ 2 C chips)

(60% cacao bittersweet chocolate)

66g fat + 88g carb + 11g protein + 11g fiber

13 fats + 6 carbs + 1½ protein + 11g fiber

TOTAL RECIPE: 86 fats + 21 carbs + 9 protein + 47g fiber

Put butter in large bowl and let soften at room temperature

Add oil, sugars, vanilla, and egg.

Mix with beaters.

Add flour, salt, and baking soda; mix with beaters.

Add walnuts and chocolate chips and mix.



Pre-heat oven to 375°

Using 2 spoons place rounded Tbsp-size ball of dough on ungreased cookie sheet

Bake @ 375° approx. 10 minutes, rotating half-way through

Makes approx. 4 dozen cookies; 2 cookies = 4 fats + 1 carb + ½ protein + 2g fiber



2 Cookies = 4 fats + 1 carb + ½ protein + 2g fiber

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