

Chocolate Chip Yogurt Cookies

Yield 36 servings

Ingredients

1/2 cup	sugar
1/2 cup	brown sugar (firmly packed)
1/2 cup	margarine
1/2 cup	yogurt (non-fat, plain)
1 1/2 teaspoon	vanilla
3/4 cups	flour (all-purpose)
1 cup	flour (whole wheat)
1/2 teaspoon	baking soda
1/2 cup	chocolate chips (miniature, or carob chips)

Instructions

1. Heat oven to 375° F.
2. In a large bowl combine sugar, brown sugar and margarine; beat until light and fluffy.
3. Add yogurt and vanilla; blend well. Stir in flour and baking soda; mix well. Stir in chocolate chips.
4. Drop dough by rounded teaspoonfuls 2 inches apart onto un-greased cookie sheets. Bake at 375° F for 8 to 12 minutes or until light and golden brown.
5. Cool 1 minute, remove from cookie sheets.

Cost

Per recipe: \$1.86

Per serving: \$0.05

Source

Cornell University Cooperative Extension, Eat Smart New York!

Nutrition Facts	
Serving Size 1 cookie (21g)	
Servings Per Container 36	
Amount Per Serving	
Calories 80	Calories from Fat 30
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 50mg	2%
Total Carbohydrate 12g	4%
Dietary Fiber 1g	4%
Sugars 7g	
Protein 1g	
Vitamin A 2%	• Vitamin C 0%
Calcium 0%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	