

# Zucchini Chocolate Chip Cookies

## Ingredients

1 cup oat flour (120 g)  
1/2 cup rolled oats (50 g)  
1 tsp cinnamon (optional)  
1/2 tsp baking soda  
1/4 cup brown sugar, coconut sugar  
or cane sugar (50 g)  
1/4 cup plant-based milk (50 mL)  
1 cup grated zucchini (150 g)  
1/4 cup peanut butter (60 g)  
1/2 cup chocolate chips (80 g)  
1 tsp vanilla extract (10 mL)



## INSTRUCTIONS

Preheat the oven to 350 F (170 C) and line a large baking tray with parchment paper.

In a large bowl, stir together the oat flour, rolled oats, baking soda, cinnamon, and brown sugar (if using maple syrup add it in step 3). Add the shredded zucchini, peanut butter, milk, vanilla, and chocolate chips. Fold together until a dough forms. It might appear dry at first but keep stirring until it's all the dry ingredients are wetted.

Place the dough in the refrigerator for 10-15 minutes. This will make it easier to form the cookies.

Roll the dough into tablespoon sized balls and place on the baking sheet.

Bake for 10-15 minutes, until light golden brown around the edges. Cool at room temperature before handling to allow them to firm up.

## NOTES

For a lower-sugar, healthier alternative to chocolate chips, try different add-ins like walnuts, raisins, or pecans. Let cool completely then store in an airtight container at room temperature for 3 days, in the fridge for up to 1 week or freeze in a freezer-safe container or bag for up to 3 months.

## **NUTRITION**

**Serving Size: 1 cookie**

Calories: 101

Sugar: 11 g

Sodium: 82 mg

Fat: 6 g

Carbohydrates: 20 g

Fiber: 2 g

Protein: 4 g

Recipe and more information found on [Running on Real Food](#)