



Healthful Advice from our Registered Dietitian/Nutritionist, Debra Heverling, MA, RD/LDN

Dietitian's Dish

Give a Sweet Gift!

Sweets and snacks made with love are a great gift during the holidays. They can even be “better for you” with a couple of extra ingredients.

Choose something made with oats, whole grain flour, fruit or veggies added in.

Wait – did someone say veggies in dessert?? YES!



There are a few which add to the texture and nutritional value of the dessert. Zucchini is one of those ingredients that will surprise you (and your gift recipient).

Try zucchini in the cookie recipe below.

You can also check out InSeasonezine.com for a giftable mason jar cookie mix.

There are plenty of sweet options to choose.

Chocolate-Chocolate Chip Zucchini Cookies

Ingredients:

- 1 cup all-purpose flour
- 1/3 cup whole wheat flour
- 1/4 cup unsweetened cocoa powder
- 1 tsp. baking soda
- 1/2 tsp. salt
- 3/4 cup packed light brown sugar
- 1/2 cup unsalted butter, softened
- 1 large egg
- 1 tsp. vanilla extract
- 3/4 cup squeezed dry shredded zucchini
- 3/4 cup mini chocolate chips



Directions:

1. Preheat oven to 350°; line 2 rimmed baking pans with parchment paper.
2. In medium bowl, whisk flours, cocoa powder, baking soda and salt. In large bowl, with mixer on high speed, beat sugar and butter 2 minutes or until creamy, scraping down sides of bowl; beat in egg and vanilla extract. Reduce speed to low; in 3 batches, add flour mixture and beat 1 minute or until incorporated after each addition. Fold in zucchini and chocolate chips.
3. Using 2 small spoons, drop dough by heaping tablespoons, 1 inch apart, onto prepared pans; press with back of spoon to flatten.
4. Bake cookies 13 minutes or until bottoms are lightly browned and edges are set, rotating pans halfway through baking; transfer to wire rack to cool completely. Makes about 30 cookies.