

Cooking with Chase and Grandma Duffy

Monster Cookies! ⁷

Fats are a very important part of our diet. Fats provide your body with energy, helps your body use certain vitamins, make hormones, and protects your organs. Did you know that fats that are solid at room temperature such as hard margarine, lard, coconut oil, shortening and butter contain saturated fats that can raise your risk of developing heart disease? Choose foods often made with healthy fats, like canola oil.

After Chase has been helping Grandpa Duffy during harvest, one of Grandpa Duffy and Chase's favourite treats to share is Grandma Duffy's monster cookies! After all the work you have been doing, take a break and with the help of an adult, make some TASTY MONSTER COOKIES!!!

Yield: 3 dozen cookies

Ingredients

- ½ cup (125 mL) canola oil
- ½ cup (125 mL) non-hydrogenated canola margarine
- 1 cup (250 mL) brown sugar
- 1 cup (250 mL) granulated white sugar
- 3 eggs
- 1 Tbsp (15 mL) vanilla extract
- 2½ cups (625 mL) all-purpose flour
- ½ tsp (2 mL) salt
- 2 tsp (10 mL) baking soda
- 1 ½ cups (375 mL) rolled oats
- 1 cup (250 mL) candy coated chocolate pieces
- 1 cup (250 mL) chocolate chips
- ½ cup (125 mL) chopped pecans (optional)



Instructions

1. Preheat oven to 350°F (180°C).
2. Beat canola oil, margarine, brown sugar, granulated sugar, eggs and vanilla until light and fluffy.
3. In a separate bowl combine flour, salt and baking soda, then add to the egg mixture.
4. Fold in the rolled oats, candy coated chocolate pieces, chocolate chips and pecans.
5. Using a tablespoon, drop the dough onto a greased baking sheet, or a baking sheet lined with parchment paper.
6. Bake approximately 10 minutes until golden brown.
7. Clean up.
8. Cool and enjoy!

