# Chocolate Chip Cookie BARS

HEALTHY, DELICIOUS, MEAT-FREE RECIPE

**Portion: 2 bars 100 bars**

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| **Ingredients** | **Weight** | **Measure** |
| FLOUR,WHEAT,GENERAL PURPOSE | 1.5 lbs | 1 ½ quarts |
| Whole Wheat Flour | 1.5 plus 1/3 lbs | 1 ½ quarts |
| Baking Powder | 1 1/8 oz | 2 1/3 Tbs |
| Salt | 1 oz | 1 Tbs |
| Shortening, solid | 12 oz | (need) |
| Brown Sugar, packed | 3-1/2 lbs | 2 qts 2-3/4 cup |
| Applesauce, sweetened |  | 2 cups |
| Vanilla flavor | 7/8 oz | 2 Tbsp. |
| CHOCOLATE,COOKING CHIPS | 1-1/2 lbs | 1 qts |
| WALNUTS,SHELLED,CHOPPED | 8-1/2 oz | 2 cup |
| COOKING SPRAY,NONSTICK | 2 oz |  |

**Preparation**

1. **Sift together flours, baking powder and salt. Set aside**
2. **Place applesauce, shortening, brown sugar and vanilla in mixer bowl. Mix at low speed for one minute, then beat for 2-3 minutes until smooth.**
3. **Add the dry ingredients to the wet. Mix** **at low speed 1 minute or until well blended.**
4. **Add nuts and chocolate chips; mix for 1 minute at low speed.**
5. **Lightly spray two sheet pans with non-stick cooking spray. Spread about 6 pounds 11 ounces onto each sprayed pan.**
6. **Using a convection oven, bake at 325 F. for 20-25 minutes or until done on low fan, open vent.**
7. **Allow to cool; cut 6 by 18.**

Note: Recipe is optimal with dairy free chocolate chips such as is typical in dark chocolate chips.

Alternates: If whole wheat flour is not available substitute with same measure/weight white whole wheat flour or all-purpose flour. Can substitute the all-purpose flour with same measure/weight white whole wheat flour.

Alternatives: If sweetened applesauce is not available can substitute with equal amounts of unsweetened applesauce but two tablespoons additional brown sugar may be needed.

Alternatives: If walnuts are not available can substitute with equal amounts pecans.

Note: If oven does not cook evenly, turn cookie bars 180 degrees midway through the cooking cycle when checking on cookie doneness. Do not overbake.

**Nutrition Information \*From USDA Nutrient Database Jan 2020**