

Dying for a Chocolate Chip Cookie

When you're hungry for a chocolate chip cookie, try a bowl of dressed up oatmeal. It's gooey and sweet like a chocolate chip cookie. You can make up a batch of these "cookies in a bowl" ahead of time to keep on hand in case of a sweet-tooth emergency. This recipe is great for a mid afternoon snack when you're dying for something sweet. Or add a little milk and call it breakfast.

Ingredients for one serving:

1/4 cup quick oats

1 t. brown sugar, packed

Pinch of cinnamon

Just under 1/2 cup water

1 t. mini or regular size chocolate chips or peanut butter chips or butterscotch chips

Use little snack size zipper bags or microwave safe bowls and make up enough for the week. To each bag or bowl add the oats, sugar and cinnamon. In separate bags measure out the chocolate chips. You can reuse the bags next week since they only contain dry ingredients. When you're ready to eat your "cookie," pour the oat mixture into a bowl or mug. Add just under 1/2 cup of water. If no measuring cup is handy, add just enough water to cover the oats. If you add too much or too little water, it makes no difference.

Microwave 90 to 120 seconds. Stir. Top with the chocolate chips. Stir just a little bit because the chips melt really fast.

If no microwave is available, add boiling water from a coffee machine. If you will be using boiling water rather than a microwave, you might want to pack the oats in a travel mug or a Styrofoam cup with a lid. But don't microwave in styrofoam. You'll melt the cup.

This recipe is not very sweet. Keep it that way!

Total calories: 100. A homemade oatmeal cookie has 228 calories plus a lot of fat from the butter.

Put 5 batches (a week's worth) in a jar with a ribbon on it and give it as a little Christmas gift to a friend or co-worker! You can download the recipe from my website to enclose in the package. Stock the office candy dish with bags of your "chocolate chip cookies."