

## Emmer & Oat Chocolate Chunk Bars (and Cookies)

Here's a chocolate-stuffed dessert that's a two-fer in many ways: Barflies get chewy chocolate chunk bars, while cookie lovers get crisp wafers with a great oatmeal cookie chew. Sweets seekers get their fix, and nutrition nuts can point to whole grain emmer flour and a good dose of oat bran to justify the splurge. And for two treats made at the same time, bake the bars right away and freeze the rest of the dough in balls for cookies when you need them at the last minute. Or you can just make all of one type—whatever suits you.

Order emmer flour online at [bluebirdgrainfarms.com](http://bluebirdgrainfarms.com).

TIME: 25 minutes active time

MAKES: 16 bars, plus 2 dozen 3" cookies

Vegetable oil spray (or butter for greasing the pan)  
1 cup (2 sticks) unsalted butter, at room temperature  
3/4 cup packed brown sugar  
3/4 cup sugar  
2 large eggs  
2 teaspoons vanilla  
2 1/2 cups emmer flour  
1/2 cup oat bran  
1 teaspoon baking soda  
1/2 teaspoon kosher salt  
1 cup thick rolled oats  
3/4 pound (12 ounces) semisweet chocolate, chopped

Preheat the oven to 350 degrees. Coat an 8" square brownie pan with the vegetable oil spray (or butter), and line with a square of waxed or parchment paper. Line two heavy baking sheets with parchment paper, and set those aside, too.

In the work bowl of a stand mixer fitted with the paddle attachment, cream butter and both sugars on medium-high speed until light and fluffy, about 5 minutes. Add the eggs, one at a time, beating well after each addition. Beat in the vanilla. Scrape down the sides of the work bowl, and mix briefly.

Whisk the emmer flour, oat bran, baking soda, and salt together in a mixing bowl. With the mixer on low, add the dry ingredients, about a third at a time, and mix until the flour is incorporated. Add the oats and chocolate and mix until combined.

Transfer three packed cups of the dough to the 8" pan, spread flat with a spatula, and bake for 15 to 20 minutes, or until the bars are lightly browned at the edges and the dough has little cracks in the center. Cool for 10 minutes in the pan, then use the paper to transfer the bars to a cutting board. Cut into 16 squares, and let cool another 10 to 15 minutes (to firm up) before moving.

Use the remaining batter to make another batch of bars, or make cookies: Shape knobs of dough into 1” balls and place 2” apart on prepared baking sheets. Bake for 12 to 15 minutes, or until edges are lightly browned. Cool 5 minutes on pans, then transfer to wire racks to cool completely.

Bars and cookies can be stored in an airtight container at room temperature up to 5 days.