

“JUST ONE” OATMEAL COOKIE

Yield: 4 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-oatmeal-cookie-recipe>

Ingredients:

- 1 teaspoon melted butter
- 1 1/2 teaspoons egg beaters or whipped regular egg
- 1 1/2 tablespoons oatmeal – Old-fashioned or Quick, Quick works best
- 2 teaspoons splenda granular
- 1 pinch salt
- 1 pinch cinnamon
- 1 drop vanilla
- 1/3 cup melted butter
- 1/8 teaspoon salt
- 1/8 teaspoon baking powder
- 1 egg OR 1/4 cup Egg Beaters
- 2/3 cup whey Low Gold or Splenda Granular, or brown sugar if you can have it
- 1 teaspoon vanilla
- 1/8 teaspoon cinnamon
- 1 1/3 cups oatmeal Old-fashioned or Quick, Quick holds together better
- raisins optional
- chocolate chips optional
- chopped nuts optional

Nutrition:

1. Calories: 400 calories
2. Carbohydrate: 37 grams
3. Cholesterol: 95 milligrams
4. Fat: 26 grams
5. Fiber: 5 grams
6. Protein: 8 grams
7. SaturatedFat: 13 grams

8. Sodium: 400 milligrams
 9. Sugar: 14 grams
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