

IDEAL PROTEIN OATMEAL COOKIES

INGREDIENTS

- 1 Ideal Protein Oatmeal packet
- 1/4 tsp. sea salt
- 1 packet of Splenda or Stevia
- A sprinkle of cinnamon - to taste
- 1 tsp. baking powder
- 1 egg white
- 1 tsp. vanilla extract
- Enough water for cookie dough texture



PREPARATION

1. Combine dry ingredients and then add the last 3 liquid ingredients to get a cookie dough texture.
2. Spray cookie sheet lightly with Pam olive oil spray and place 10 cookies on the sheet.
3. Bake at 325°F for about 6-9 minutes or until desired degree of moisture.
4. Test center of cookie with toothpick to see if they are baked properly.
5. Enjoy!

