



## Oatmeal Raisin Breakfast Cookies



1/6th of recipe (1 cookie): 194 calories, 3.5g total fat (0.5g sat fat), 277mg sodium, 35g carbs, 5.5g fiber, 9g sugars, 10g protein

**SmartPoints®** value 6\*

**Prep:** 15 minutes    **Cook:** 15 minutes



### Ingredients

2 cups old-fashioned oats  
1/2 cup unsweetened applesauce  
1/2 cup (about 4 large) egg whites or fat-free liquid egg substitute  
1/4 cup unsweetened vanilla almond milk  
1/4 cup plus 2 tbsp. (about 1 standard scoop or 2 smaller scoops) vanilla protein powder with about 100 calories per serving (like the kind by [Quest Nutrition](#) or [Tera's Whey](#))  
2 tbsp. Truvia spoonable calorie-free sweetener (or another no-calorie granulated sweetener; see *HG FYI*)  
1 tbsp. cinnamon  
2 tsp. vanilla extract  
1 1/2 tsp. baking powder  
1/4 tsp. baking soda  
1/4 tsp. nutmeg  
1/8 tsp. salt  
2 tbsp. chia seeds  
1/3 cup raisins, roughly chopped

### Directions

Preheat oven to 350 degrees. Spray a baking sheet with nonstick spray.

Place 1 1/2 cups oats in a food processor. Add all remaining ingredients *except* chia seeds and raisins. Puree until uniform.

Gently fold in chia seeds, half of the chopped raisins, and remaining 1/2 cup oats.

Evenly distribute batter into 6 mounds on the baking sheet, about 1/3 cup each. Use the back of a spoon to lightly flatten into 4-inch circles.

Top with remaining chopped raisins, and lightly press into the batter.

Bake until a toothpick inserted into the center of a cookie comes out clean, 10 - 12 minutes.

MAKES 6 SERVINGS

**HG FYI:** Truvia spoonable calorie-free sweetener is about twice as sweet as sugar. If using a no-calorie granulated sweetener that measures cup-for-cup like sugar instead of Truvia, double the amount called for in this recipe.

**SmartPoints®** value\* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the **SmartPoints®** values\* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

\*The **SmartPoints®** values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the **SmartPoints®** trademark.