



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

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



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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.

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