



Whitney Reid's High-Protein Oatmeal Cookies

Ingredients

1/2 cup egg whites
4 cups oats
4 tsp Stevia
3 tsp vanilla extract
1 cup of unsweetened applesauce
8 scoops of Vanilla Caramel **Whey-HD** protein powder
2 tsp olive oil
1 cup raisins
1/2 cup coconut (shredded)
1/2 cup almonds (ground)
2 tbsp of cinnamon

Directions

1. Mix all of the ingredients together in a bowl.
2. Preheat the oven to 325 degrees.
3. Measure each cookie out to one tablespoon. This will make 48 servings.
4. Bake for 20 min.

Nutrition Facts

Serving Size: 1 cookie
(Recipe Yields 48)
Calories: 77
Total Fat: 2 g
Total Carbs: 9 g
Protein: 5 g