

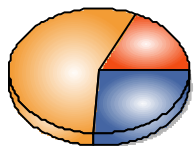


Maple Oat and Fig Cookies

By: Created by Chris Carmichael - Modified by DrJez LLC

Recipe grams: 534.13g/18.8oz

Serves 12 44.51g/1.6oz per serving



Protein: 7%
Carbohydrates: 53%
Fat: 40%
Alcohol: 0%

INGREDIENTS

1/8 cup SPLENDA BROWN
1/4 cup MAPLE SYRUP, 100%
1/4 cup EGG SUBSTITUTE, LIQUID
1 cup OATS, ROLLED, OLD FASHIONED (OATMEAL)
1/2 cup WHOLE WHEAT FLOUR
1 dash SALT, TABLE
2/3 cups FIG, DRIED
1/2 cup BUTTERY VEGETABLE OIL SPREAD, OMEGA PLUS, 67%
1/2 tsp VANILLA EXTRACT
1/2 tsp BAKING SODA

DIRECTIONS

Preheat the oven to 350 degrees. Lightly coat a baking sheet with cooking spray.

Chop figs.

In a medium bowl, combine butter and splenda. Beat until light with a mixer for about 3 minutes. Add egg, syrup, and vanilla. Blend. Add remaining ingredients and mix until just combined finishing with the oats and figs.

Drop by tablespoonfuls on sheet 1 1/2" apart and bake for about 12 minutes.

Nutrition Facts

Serving Size: 1 serving (44.5g)

Servings: 1

Amount Per Serving

Calories 150 Calories from Fat 60

% Daily Value*

Total Fat 7g **10%**

Saturated Fat 2g **8%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 135mg **6%**

Total Carbohydrate 21g **6%**

Dietary Fiber 2g **8%**

Sugars 8g

Protein 3g

Vitamin A 8%



Vitamin C 0%

Calcium 2%



Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet.