

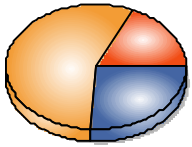


Maple Oat and Fig Cookies - Dairy Free

By: Created by Chris Carmichael

Recipe grams: 729.55g/25.7oz

Serves 14 52.11g/1.8oz per serving



Protein: 8%
Carbohydrates: 65%
Fat: 27%

INGREDIENTS

1/8 cup SPLENDA BROWN
1/4 cup MAPLE SYRUP, 100%
1/2 cup EGG SUBSTITUTE, LIQUID
1 1/4 cup OATS, ROLLED, OLD FASHIONED (OATMEAL)
3/4 cups WHOLE WHEAT FLOUR
1/2 tsp BAKING POWDER
1 dash SALT, TABLE
1/2 tsp CINNAMON, GROUND
1 cup FIG, DRIED
1/4 cup CANOLA OIL (RAPESEED OIL)
1/4 cup HONEY

DIRECTIONS

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

Chop figs.

In a medium bowl, combine eggs, syrup, splenda and oil. Whisk to combine. Add remaining ingredients.

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

Nutrition Facts

Serving Size: 1 serving (52.1g)

Servings: 1

Amount Per Serving

Calories 170 Calories from Fat 45

% Daily Value*

Total Fat 5g 8%

Saturated Fat 0g 2%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 30mg 2%

Total Carbohydrate 28g 10%

Dietary Fiber 3g 10%

Sugars 13g

Protein 3g

Vitamin A 0%

• Vitamin C 0%

Calcium 6%

• Iron 6%

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