

High Fibre Cookies

Ingredients:

- ½ cup unsweetened applesauce
- ½ cup PC Blue label margarine or Becel margarine
- ¾ cup Splenda brown sugar
- 2 Egg Replacers or 4 Egg Whites
- 2 tsp Vanilla
- 1-1/2 cup Whole Wheat Flour
- 1 tsp. Baking Soda
- 2 cups Quick Oats
- 2 cups Nature's Path® Optimum™ Power Breakfast™ Cereal



Instructions:

1. Preheat oven to 350° F.
2. Cream butter/margarine and sugar until fluffy.
3. Add eggs or egg substitute and vanilla.
4. In a separate bowl, mix remaining ingredients.
5. Add these to the butter mixture. Spoon drops of dough onto an ungreased cookie sheet.
6. Bake 10 - 12 mins.

Nutrition Notes: Add your favourite spice to change the flavour, 2 tsp cinnamon or 1 tsp nutmeg. Add 1 cup of raisins or other dried fruit. Try almond flavouring in place of the vanilla.