



NutraFiber® Flakes™

High Fiber Chewy Oatmeal Cookies



What you need:

- 1/2 cup firmly packed brown sugar
- 1 cup oats (quick, uncooked)
- 1/2 cup whole wheat flour
- 1 large egg
- 1/4 cup granulated sugar
- 3 tbsp butter, softened
- 1/3 cup NutraFiber® Flakes™
- 2 tbsp raisins
- 3 tbsp coconut flakes
- 1/4 tsp baking soda
- 1/8 tsp cinnamon powder

Instructions:

1. Preheat oven to 350° F.
2. Beat together butter and sugars until creamy.
3. Add egg, beat well.
4. Add combined flour, baking soda and cinnamon; mix well.
5. Stir in oats, NutraFiber Flakes, raisins and coconut flakes; mix well.
6. Scoop out cookie dough with an ice cream scoop or large spoon.
7. Place cookies on ungreased cookie sheet 2 inches apart; 12 cookies per sheet.
8. Bake for 12-14 minutes or until golden brown.
9. Cool 2 minutes on cookie sheet; remove to cool on wire rack.

Nutritional Information Serving size: 2 pieces (60 g)	Amount per serving
Total Carbohydrate, g	39.2
Total Fiber, g	5.0
Net Carbohydrate, g	34.2
Total Protein, g	3.8
Total Fat, g	7.0
Total Calories, kcal	218.0