



### **Grab 'n Go Cookies**

PER SERVING (1 cookie): 154 calories, 1.5g fat, 166mg sodium, 32.5g carbs, 5g fiber, 10.5g sugars, 5g protein -- **PointsPlus™** value 4\*

Prep: 20 minutes

Cook: 15 minutes

#### **Ingredients:**

1/4 cup Fiber One Original bran cereal  
1/2 cup old-fashioned oats  
1/4 cup plus 2 tbsp. whole-wheat flour  
1/4 cup Splenda No Calorie Sweetener (granulated)  
2 tbsp. brown sugar (not packed)  
2 tsp. sugar-free French vanilla powdered creamer  
1/2 tsp. baking powder  
1/2 tsp. cinnamon  
1/8 tsp. salt  
1/3 cup pureed peaches (like Gerber Peaches, found in the baby food aisle)  
1/4 cup canned pure pumpkin  
1/4 cup fat-free liquid egg substitute (like Egg Beaters Original)  
1 tbsp. golden raisins  
1 tbsp. dried sweetened cranberries

#### **Directions:**

Preheat oven to 375 degrees.

In a food processor or blender, grind cereal to a breadcrumb-like consistency. Transfer crumbs to a large bowl.

To the bowl, add oats, flour, sweetener, brown sugar, powdered creamer, baking powder, cinnamon, and salt. Mix well and set aside.

In a medium bowl, combine wet ingredients (pureed peaches, pumpkin, and egg substitute), and mix well.

Add wet ingredients to the bowl of dry ingredients and stir until completely blended. Chop raisins and cranberries and stir into the batter, evenly distributing and making sure they don't stick together.

Spray a large baking sheet with nonstick spray and spoon batter into 4 evenly spaced circles. (If you like, use a 2-oz. ice cream scoop!) Spread batter out a bit with the back of a spoon.

Bake in the oven until tops of treats are just slightly crispy, 12 - 14 minutes. Allow to cool slightly on the sheet. Grab 'n go!

MAKES 4 SERVINGS



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