

LEAN BODY®



Protein Oatmeal Cookies

HOW TO MAKE THEM

1. Combine all of your ingredients together in a bowl
2. Mix everything together
3. Take out a baking pan and line it with parchment paper
4. Make your cookies however big you want them by spooning some of your mix onto your parchment paper
5. Bake them on **350F/176C** for around 15 minutes

INGREDIENTS

- 2 Large Whole Eggs
- 1/2 Cup (4 Ounces) Your Choice Flavor **Lean Body RTD** or Milk
- 1 Tablespoon Ground Cinnamon
- 2 Cups (160g) Rolled Oats
- 2 Tablespoons Sweetener
- 3 Scoops (105g) Your Choice Flavor **Lean Body MRP**

NUTRITION

1 Cookie
Makes: 10 Cookies
Calories: 125
Fat: 3.5g
Saturated Fat: .8g
Sodium: 89mg
Carbs: 13.9g
Fiber: 2.6g
Sugar: 1g
Protein: 9.7g

TIPS

Top them with whatever you want!

Add in some raisins for oatmeal raisin cookies!



15:00