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# 1st Phorm<sup>®</sup> Oatmeal Raisin Cookies

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- ½ Cup of oats
- ¾ Scoop Level-1™ Vanilla Cream protein
- 2 Packets of Splenda
- 1 Small snack size box of raisins
- 3 Dashes of cinnamon
- 2 Large egg whites
- 1 Large egg

## Nutrition Information:

Calories: 400 calories

Fat: 9 g

Carbs: 42 g

Protein: 42 g

1. Heat the oven to 325 degrees.
2. Mix all the dry ingredients together and then mix in the eggs.
3. Spray a cookie sheet with vegetable oil cooking spray and spoon the mixture onto the cookie sheet (about 4 cookies).
4. Bake in the oven for 10 minutes.