



## **Jamie Eason's Protein Oatmeal Raisin Cookies**

### **Ingredients**

#### **Wet Ingredients**

Almond butter 1/4 cup  
Maple syrup 2 tbsp  
Egg whites 2  
Unsweetened applesauce 1/4 cup  
Vanilla extract 1/2 tbsp

#### **Dry Ingredients**

Old-fashioned oats 1-1/2 cups  
Almond meal flour 1/2 cup  
Jamie Eason vanilla whey isolate 1 scoop  
Xylitol 1/4 cup  
Baking soda 1/2 tsp  
Ground cinnamon 1/2 tsp  
Raisins 1/4 cup

### **Directions**

1. Preheat the oven to 350 degrees F. Line a baking sheet with foil, spray with cooking spray, and set aside.
2. In a mixing bowl, whisk together the almond butter, maple syrup, egg whites, applesauce, and vanilla extract until smooth.
3. In a separate bowl, stir together the oats, flour, whey isolate, xylitol, baking soda, and cinnamon. Stir the dry mixture into the wet mixture, a little at a time, then add the raisins.
4. Form a cookie with about three tablespoons of batter. Place each cookie onto the baking sheet at least 1 inch apart. Repeat this process until 12 cookies are made.

5. Bake in the oven for 12-14 minutes, or until center of cookie is cooked through.

**Tips**

- I used a medium-sized ice-cream scoop to ensure all cookies remained the same size.
- You can replace the maple syrup with honey or agave nectar.
- You can replace the xylitol with other granulated sweeteners, such as brown sugar, Stevia, or Splenda.