

4. FAT-BURNING COOKIES

Staying slim requires eating satisfying snacks that keep hunger pangs at bay. Key ingredients in these cookies include: Cinnamon to keep your blood sugar in check, slow-digesting protein from cottage cheese paired with faster-digesting whey protein powder to steadily suppress appetite, whole-wheat flour for energy-revving B vitamins, oats for their anti-inflammatory polyphenols and beta-glucan, which along with healthy fats from walnuts promote a feeling of fullness that subdues cravings.

BONUS: Chocolate chips will surely squash any feelings of deprivation!

BEST EATEN: AS A MORNING OR PREWORKOUT SNACK.



\$0.44
per serving.

Fat-Burning Cookies

Ready in 45 minutes • Makes 38 servings

- 1 ½ cups whole wheat flour
- 2 cups whey protein powder
- 1 tsp baking powder
- 2 tsp ground cinnamon
- 1 ½ cups low-fat small-curd cottage cheese
- ½ cup honey
- ½ cup canola oil
- 1 egg
- 2 tsp vanilla extract
- 1 cup rolled oats
- ½ cup semisweet chocolate chips
- ½ cup walnuts, chopped

1. Preheat oven to 350°F.
2. Combine first 4 ingredients in a large bowl and blend with a fork.
3. In a separate bowl, combine next 5 ingredients and whisk together with a fork, or use an electric mixer or food processor.
4. Add wet ingredients to dry and mix with a fork. Mix in oats, chocolate chips and walnuts.
5. Drop by teaspoonfuls onto an oiled or parchment-paper-lined baking sheet. Bake 12 minutes until the cookies are slightly brown on top.

Nutrients per serving (2 cookies):

Calories: 99, Total Fats: 3 g, Saturated Fat: 1 g, Trans Fat: 0 g, Cholesterol: 6 mg, Sodium: 72 mg, Total Carbohydrates: 11 g, Dietary Fiber: 2 g, Sugars: 5 g, Protein: 7 g, Iron: 0 mg

TURN
FOR
MORE.

