



The Plantes

SUGAR-FREE OATMEAL COOKIES

Made with rolled oats, almond flour, and a sugar substitute, these chewy cookies are diabetic-friendly and perfect with a cup of coffee or tea.

INGREDIENTS

- 1 cup rolled oats
- 3/4 cup almond flour
- 1/4 cup granulated erythritol or allulose
- 1 teaspoon ground cinnamon
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 1 large egg
- 1/4 cup unsalted butter, melted
- 1 teaspoon vanilla extract



INSTRUCTIONS

- 1. Prepare the Oven:** Preheat oven to 350°F (175°C), Line a baking sheet with parchment paper or lightly grease.
- 2. Mix the Dry Ingredients:** In a large bowl, combine rolled oats, almond flour, erythritol, cinnamon, baking soda, and salt. Stir until
- 3. Add the Wet Ingredients:** Add the egg, melted butter, and vanilla. Mix until a thick dough forms,
- 4. Shape the Cookies:** Form the dough into balls (about 1 1/2 tablespoons each), Place on the baking sheet and flatten slightly with your hand.
- 5. Bake:** Bake for 10-12 minutes or until the edges are golden brown. Cool on baking sheet before transferring to a wire rack.

APPROXIMATE NUTRITIONAL VALUES (Per Cookie–12 cookies)

Calories: 95 Carbohydrates: 8g Fiber: 2g Net Carbs: 6g Fat 7g