

Oatmeal Cookies

½ c. softened margarine
1 egg, beaten
¼ c. milk, skim
1 1/3 c. Splenda
1 c. flour
1 tsp. cinnamon
½ tsp. baking powder
½ tsp. nutmeg
¼ tsp. salt
1/8 tsp. baking soda
1 c. rolled oats
1 c. raisins
1 tsp. vanilla

In a large bowl, cream butter. Add in egg, milk and Splenda, beat. In another bowl, sift together flour, cinnamon, baking powder, nutmeg, salt and baking soda. Add dry ingredients to egg mixture and mix thoroughly. Stir in oats, raisins and vanilla. Coat a cookie sheet with cooking spray and drop dough by heaping teaspoonful onto the cookie sheet. Flatten slightly with a fork. Bake at 375 degrees for 15 minutes or until cookies are brown on the edges. Makes 36 servings.

Nutrition information per serving: 58 calories, 35 grams protein, 2 gram fat, 8 grams carbohydrate, 20 mg sodium.