



November 14- Oat Honey and Walnut Biscuits

Smart Snack

Link: <http://recipes.sparkpeople.com/recipe-detail.asp?recipe=1351472>

Recipe

Ingredients:

- 2/3 cup whole flour
- 1 1/2 cup quick oats
- 1/2 cup dried fruit
- 1/4 cup walnut
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon vanilla
- 1/4 teaspoon salt
- 3 Tablespoon honey
- 3 Tablespoon plain, fat-free yogurt
- 3 Tablespoon margarine
- 2 eggs

Directions:

1. Preheat oven to 325°F. Grease cooking sheet with cooking spray.
2. Combine all ingredients in large bowl; mix until well combined.
3. Drop teaspoons of mixture in little balls on the tray. Flatten slightly with fork.
4. Bake for 10 minutes.

Yields 28 servings

Nutrition Facts

Serving Size 1 biscuit (19.97g)

Servings Per Container 28

Amount Per Serving

Calories 70 Calories from Fat 25

% Daily Value*

Total Fat 2.5g 4%

Saturated Fat 0g 2%

Trans Fat 0g

Cholesterol 15mg 4%

Sodium 40mg 2%

Total Carbohydrate 10g 3%

Dietary Fiber 0g 1%

Sugars 4g

Protein 2g 3%

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 2%

* Percent Daily Values are based on a 2,000 calorie diet.