

Recipes

Fitness Layne



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Sweet Potato-Oatmeal Refrigerator Cookies (An adaptation from "Parillo's Cap-Tri Cookbook")

Makes about 24 cookies

Ingredients

100 g oatmeal
200 g sweet potatoes (baked with
skins removed)
2 Tbsp. Cap Tri
1 oz (scoop) vanilla hi-protein powder
2 tsp. cinnamon
2 tsp. vanilla
1 Tbsp. water
2 pkts. splenda

Directions

Mix all ingredients until dough is
tacky. Roll into 1" balls and refrigerate
at least 1 hour, but overnight is better.

Nutrition Information

Each (when divided 24 balls):
Calories-82 kcal; protein-3g; fat-.7g;
carbs-11g; sodium-6mg;
potassium-85mg