

Oat bran cookies



Diet Phases

✓ [Attack Phase](#)

✓ [Cruise Phase](#)

✓ [Pure Protein](#)
✓ [Veg & Protein](#)

✓ [Consolidation Phase](#)

✓ [Stabilization Phase](#)

“ Quick and easy snack. These cookies are great for satisfying cravings as well as fulfilling your daily bran needs.”

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Recipe Details

Difficulty: Easy

Estimated time:
20 minutes ⌕

Servings: 6

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1 "Trick" To Weight Loss

Australian Mom Loses 6 kgs in 4 Weeks with this Exposed Diet...
www.CollagenRenew.nz

Weight Loss Solutions

Manage Your Hunger & Willpower With An Orbera Weight Loss Solution
OrberaWeightLossSystem.com

Lose Weight For Spring

Weight Watchers ProPoints: A Weight Loss Program That Suits Your Life!
www.WeightWatchers.com

Reduce Cholesterol Fast


Ingredients

 [Baking powder](#)
1 tea spoon

 [Egg](#)
1

 [Oat bran](#)
3 table spoons

 [Sweetener](#)
1 table spoon

 [Yoghurt](#)
2-3 table spoons

Instructions

- 1 Pre-heat the oven to 180C
- 2 Mix all the ingredients in a bowl into a thick and smooth mass.
- 3 Pour the mixture into a baking tray or muffin form
- 4 Bake the mass for about 15minutes at 180C
- 5 **Tip** For a crunchy version: after 15 minutes remove the cookies from the oven and than remove them from the muffin trays carefully. Place the cookies upside down in the oven again and bake them for another 10 - 15 minutes. Now the cookies are soft inside and crunchy outside.

Oat Bran Daily Allowance

| | |
|---------------------|---------|
| Attack Phase | 1.5 tbs |
| Cruise Phase | 2 tbs |
| Consolidation Phase | 3 tbs |
| Stabilization Phase | 3 tbs |

Dairy!

Ideally dairy products should be **0% fat**, but up to 2% is allowed as long as it has no added sugar.

Dairy should also be kept down to a total of **1kg per day**.

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