

## Dessert-Chewy Oat Bran Raisin Cookies

1 cup walnut oil  
1 cup maple syrup  
½ cup honey  
½ cup sugar  
2 teaspoons vanilla  
2 egg watchers eggs (or egg substitute)  
1 fresh egg white  
2 cups white flour  
2 cups oat bran  
2 teaspoons baking powder  
½ teaspoon salt

Variations: ½ cup raisins and ½ cup chopped walnuts. Or add ½ cup chopped cranberries.

Preheat oven to 350 degrees. Mix well the walnut oil, maple syrup, honey, sugar, vanilla, egg substitutes, and egg white. In a separate bowl, mix well the oat bran, white flour, and baking powder. Add the liquid ingredients, blending well. Let stand 15 minutes. Mixture will rise slightly. Fold in raisins and or nuts. Spoon by tablespoonfuls on an un greased, non stick cookie sheet and bake for 20 minutes or until done. Remove from cookie sheet immediately when taken from oven and place hot in an air tight plastic bag or cookie jar. Serve hot from the oven or cold.

Per serving: 0 mg cholesterol, 1 gm saturated fat for 5 cookies.