|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Food** | **Serving Size used** | **Calories** | **Fat (g)** | **Sat fat (g)** | **Cholesterol (mg)** | **Sodium (mg)** | **Carb (g)** | **Fiber (g)** | **Sugars (g)** | **Protein (g)** |
| Whole Wheat Flour | ½ cup | 220 | 1 | 0 | 0 | 0 | 46 | 8 | 0 | 8 |
| Oats | 1 cup | 380 | 7 | 1 | 0 | 0 | 64 | 10 | 2 | 14 |
| Baking Powder | ½ tsp | 0 | 0 | 0 | 0 | 260 | 0 | 0 | 0 | 0 |
| Baking Soda | ½ tsp | 0 | 0 | 0 | 0 | 640 | 0 | 0 | 0 | 0 |
| Cinnamon | ¼ tsp | 1.5 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Ground Flaxseed Meal | 1 Tbsp | 30 | 2.5 | .5 | 0 | 0 | 2 | 2 | 0 | 1.5 |
| Agrave Sweetner | ¼ cup | 240 | 0 | 0 | 0 | 0 | 56 | 8 | 48 | 0 |
| Skim Milk | ¼ cup | 22.5 | 0 | 0 | 1.25 | 32.5 | 3.25 | 0 | 3 | 2 |
| Vanilla Extract | ½ tsp | 6 | 0 | 0 | 0 | 0 | .5 | 0 | .5 | 0 |
| Smart Balance Omega Oil | 1 Tbsp | 120 | 14 | 1.5 | 0 | 0 | 0 | 0 | 0 | 0 |
| Banana | 1 large | 121 | 0 | 0 | 0 | 1 | 31 | 4 | 17 | 1 |
| Chocolate Chips | ½ cup | 640 | 32 | 20 | 0 | 0 | 80 | 0 | 64 | 8 |
| Walnuts | ¼ cup | 200 | 20 | 2 | 0 | 0 | 4 | 2 | 1 | 5 |
| Cranberries | 1/3 cup | 130 | 0 | 0 | 0 | 0 | 33 | 3 | 26 | 0 |
| TOTAL | 21 cookies | 2111 | 76.5 | 25 | 1.25 | 933.5 | 319.75 | 37 | 161.5 | 39.5 |
| **Per cookie** |  | **100.5** | **3.6** | **1.2** | **0** | **44.5** | **15.2** | **1.76** | **7.7** | **1.88** |