



Oatmeal Cookie Crumble

OATMEAL COOKIE CRUMBLE

1/2 of recipe (about 1/3 cup): 87 calories, 4.5g total fat (1g sat. fat), 143mg sodium, 18.5g carbs, 1.5g fiber, 0.5g sugars, 2g protein

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Prep: 5 minutes **Cook:** 5 minutes or less

Cool: 5 minutes



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Ingredients

1/4 cup old-fashioned oats
1 1/2 tbsp. [Lakanto Brown Monkfruit Sweetener](#)
1 1/2 tbsp. light butter
1 tbsp. whole wheat flour
Dash cinnamon
Dash salt
Serving suggestions: light ice cream, light yogurt, or just snack on it straight!

Directions

Combine all ingredients in a small microwave-safe bowl. Mash and stir until well mixed.

Microwave for 45 seconds. Stir well. Microwave for 45 more seconds, or until crumbly.

Transfer to a plate, and let cool for 5 minutes, or until hardened.

MAKES 2 SERVINGS

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