



Monstrously Delicious Monster Softies



1 softie (1/6th of recipe): 179 calories, 7g total fat (1.5g sat. fat), 169mg sodium, 24g carbs, 2g fiber, 10g sugars, 5g protein

Prep: 15 minutes **Cook:** 10 minutes

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Ingredients

1/4 cup reduced-fat peanut butter
1/4 cup brown sugar (not packed)
2 tbsp. Splenda No Calorie Sweetener (granulated), or an *HG Natural Alternative* below
2 tbsp. light whipped butter or light buttery spread (like Brummel & Brown), room temperature
2 tbsp. no-sugar-added applesauce
2 tbsp. fat-free liquid egg substitute (like [Egg Beaters Original](#))
1/4 tsp. vanilla extract
1/3 cup whole-wheat flour
1/2 tsp. baking powder
Dash salt
1/2 cup old-fashioned oats
Half of a 1.69-oz. package (about 28 M&M's or 1 1/2 tbsp.) Milk Chocolate M&M's candy, roughly chopped

Directions

Preheat oven to 350 degrees. Spray a baking sheet with nonstick spray.

In a medium bowl, combine peanut butter, brown sugar, Splenda, butter, applesauce, egg substitute, and vanilla extract. Whisk thoroughly.

Add flour, baking powder, and salt. Stir until smooth. Fold in oats and chopped M&M's.

Spoon batter onto the sheet in 6 evenly spaced mounds. Use the back of a spoon to spread and flatten into 3-inch circles.

Bake until a toothpick inserted into the center of a softie comes out clean, about 10 minutes. Enjoy!

MAKES 6 SERVINGS

HG Natural Alternative: If you prefer a natural no-calorie sweetener, use [spoonable calorie-free Truvia](#) in place of the Splenda. But since Truvia is about twice as sweet, halve the amount called for in the Ingredients list.

Another HG Natural Alternative: If made with an equal amount of granulated white sugar in place of the Splenda, each serving will have 192 calories, 27.5g carbs, and 14g sugars (**SmartPoints®** values*: 7 on **Green Plan**, 7 on **Blue Plan**, 6 on **Purple Plan**).

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Publish Date: June 7, 2014

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