

# Superhero Snacks

## Ingredients:

- 2 cups whole wheat flour
- 1/2 cup creamy peanut butter
- 1/2 cup oatmeal (steel cut oats, not the instant kind)
- 1/2 cup water
- 1/2 cup chicken or beef broth
- 2 teaspoons cinnamon

Mix whole wheat flour with oatmeal and cinnamon. Next, in a separate bowl, combine the creamy peanut butter, water and chicken broth, and microwave for 15 to 30 seconds – just until it forms a smooth liquid. Add the mixture to your dry ingredients and stir until dough forms.

Drop the dough into small rounds and use your thumb to press a well into each cookie to flatten it. Place on a cookie sheet lightly coated with a non-stick spray. Bake at 325 degrees for 15 minutes and allow the treats to cool. You may fill the cookie wells with sugar-free jelly or jam and serve.

