

# QUICK OATMEAL CINNAMON COOKIES



**A healthier way to satisfy your cookie craving:** Do you sometimes crave a sweet snack or dessert? These cookies are a healthier option because they're sweetened naturally with applesauce, not sugar. This easy recipe makes about 4 dozen cookies. Feel free to double it if you are having company or if you'd just like some extra on hand because they're so yummy.

## Ingredients

- 1 cup quick-cooking rolled oats
- 1 cup flour
- 1½ teaspoons baking soda
- ½ teaspoon salt
- 1 teaspoon cinnamon
- ¼ teaspoon nutmeg
- 2 eggs
- 1½ teaspoons vanilla
- 1 cup applesauce
- ½ cup canola oil

## Steps

1. Preheat oven to 350°
2. In separate bowl, beat 2 eggs. Add applesauce, oil, and vanilla, and mix until well blended
3. In a large bowl, add dry ingredients and mix together with a fork
4. Add liquid mixture to dry ingredients and mix until smooth
5. Drop by teaspoon onto ungreased, nonstick cookie sheets (if you do not use a nonstick sheet, be sure to remove while the cookies are still warm)
6. Bake for 8-10 minutes or until lightly browned

Please note that Novartis Pharmaceuticals Corporation does not endorse the use of any foods highlighted in this article; all information is provided for educational purposes only. Use of any food in this recipe is not intended to treat or cure carcinoid syndrome. You are advised to speak to your health care provider before introducing new foods into your diet.

Please see Important Safety Information on page 2.

Please [click here](#) for full Prescribing Information.



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*This recipe was created by our RealSupport™ nutritionist especially for our members. Remember, please talk to your health care provider to determine if this recipe or any other food is appropriate for you.*

Brought to you by RealSupport™, a patient information and support program for those with the severe diarrhea and flushing of carcinoid syndrome. RealSupport™ is provided by Novartis Pharmaceuticals Corporation, the maker of Sandostatin® LAR Depot (octreotide acetate) for injectable suspension. For more information about the RealSupport™ program offerings, please follow us on [www.facebook.com/SandostatinLARDepot](https://www.facebook.com/SandostatinLARDepot).

## INDICATIONS AND USAGE

Sandostatin® LAR Depot (octreotide acetate) for injectable suspension is indicated for patients in whom initial treatment with immediate-release Sandostatin® (octreotide acetate) Injection has been shown to be effective and tolerated for

- Long-term treatment of the severe diarrhea and flushing episodes associated with metastatic carcinoid tumors
- Long-term treatment of the profuse watery diarrhea associated with VIP-secreting tumors

In patients with carcinoid syndrome and VIPomas, the effect of Sandostatin Injection and Sandostatin LAR Depot on tumor size, rate of growth, and development of metastases has not been determined.

## IMPORTANT SAFETY INFORMATION

**Warnings and Precautions:** Treatment with Sandostatin LAR Depot may affect gallbladder function, with postmarketing reports of gallstones resulting in complications (inflammation of the gallbladder, bile duct, and pancreas, and requiring surgical removal of the gallbladder); sugar metabolism; thyroid and heart function; and nutritional absorption, which may require monitoring by your doctor. Call your doctor if you experience signs or symptoms of gallstones or any of their complications.

**Before Taking Sandostatin LAR Depot:** Tell your doctor if you have a history of heart disease or are taking other medications, including cyclosporine, insulin, oral hypoglycemic agents, beta-blockers, and bromocriptine.

**Common Side Effects:** Most patients experience side effects at some time. Some common side effects you may experience include back pain, fatigue, headache, abdominal pain, nausea, and dizziness.

**Other Information:** Patients with carcinoid tumors and VIPomas should adhere closely to their scheduled return visits for reinjection in order to minimize exacerbation of symptoms.

**You are encouraged to report negative side effects of prescription drugs to the FDA. Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch), or call 1-800-FDA-1088. Please [click here](#) for full Prescribing Information.**

**To learn more, call 1-888-NOW-NOVA (1-888-669-6682) or visit [www.sandostatin.com](http://www.sandostatin.com).**

