



BANANA OATMEAL COOKIES

SERVES: 8 (2 cookies each) **Prep Time:** 10 min. **Cooking Time:** 15 min.

CONTAINER EQUIVALENTS (per serving): ½ ½ ½

VEGAN CONTAINER EQUIVALENTS (per serving): ½ ½ ½

- 1 cup** dry old-fashioned rolled oats, gluten-free
- 2 tsp.** ground cinnamon
- ¼ tsp.** sea salt (or Himalayan salt)
- 2** medium ripe bananas, mashed
- ¼ cup** golden raisins
- ¼ cup** chopped raw walnuts

- 1.** Preheat oven to 350° F.
- 2.** Lightly coat large baking sheet with spray. Set aside.
- 3.** Combine oats, cinnamon, and salt in a medium bowl; mix well.
- 4.** Add bananas, raisins, and walnuts; mix well.
- 5.** Drop by rounded Tbsp. onto prepared baking sheet to form 16 cookies; flatten cookies with a spatula.
- 6.** Bake for 14 to 15 minutes or until firm.

SPECIAL EQUIPMENT:

Nonstick cooking spray

NUTRITIONAL INFORMATION (per serving): **Calories:** 104 **Total Fat:** 3 g **Saturated Fat:** 0 g **Cholesterol:** 0 mg **Sodium:** 73 mg **Carbohydrates:** 18 g **Fiber:** 3 g **Sugars:** 6 g **Protein:** 2 g

Recipes containing the icon are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.

Recipes containing the icon are designed to be Vegan and contain no animal products. Please read product labels for each ingredient to ensure this to be the case.

Recipes containing the icon are designed to be Lacto-Ovo vegetarian and contain no poultry, meat, or fish. Please read product labels for each ingredient to ensure this to be the case.