

BANANA OATMEAL COOKIES

MAKES: 6 servings (2 cookies each)

INGREDIENTS

- 2 large overripe bananas*
- 1 cup of quick oats**
- **Optional:** 1/4 cup chocolate chips or raisins

*Use overripe bananas that have been frozen, but thaw them in advance. **If you have old-fashioned oats, chop the oats into smaller bits with a knife. Use gluten-free oats to make gluten-free cookies.

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DIRECTIONS

Preheat oven to 350°F. in a bowl, mash the overripe bananas with a fork. Then add oats and mix well. Finally, add 1/4 cup of chocolate chips or raisins if desired. The mixture will be slightly wet. However, if mixture is too runny, add a few more oats and mix well. Grease cookie sheet and bake cookies in oven for 15 minutes. Let sit on pan for short amount of time once taken out of the oven to also the cookies to finish cooking.

HEALTHY TIPS

- Add chopped walnuts or slivered almonds for a healthy fat.
- Add cinnamon or nutmeg to bring out the sweetness.

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