

No-Added-Sugar Oatmeal Cookies

Ingredients:

- 1.5 cups mashed bananas
- 1.5 cups oats
- ½ tsp salt
- ½ cup chopped walnuts
- ½ cup raisins or chopped dates
- ½ Tbsp vanilla extract



Nutrition Facts

19 servings per container
Serving size 1 cookie (33g)

Amount per serving
Calories 80

	% Daily Value*
Total Fat 2.5g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 65mg	3%
Total Carbohydrate 13g	5%
Dietary Fiber 2g	7%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 9mg	0%
Iron 1mg	6%
Potassium 135mg	2%



*VEGAN



*GLUTEN-FREE

Instructions:

1. Mix all the ingredients together in a bowl. Allow the batter to sit for 10 minutes
2. While the dough is sitting for 10 minutes, pre-heat the oven at 350°F and line a large baking sheet with a silicone baking mat or parchment paper.
3. Use a small cookie scoop or drop the dough by the spoonful onto the baking sheet. Flatten with a fork.
4. Bake until firm on the top and golden brown on the bottom, about 15 minutes.
5. Transfer to a wire rack to cool.
6. Store in an airtight container in the refrigerator.

* This recipe freezes well, after baked.

Recipe by Maggie Carneiro