

# EASY OATMEAL BREAKFAST COOKIES



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## Ingredients

Yields: 18 small cookies

- 1 ½ c of oats
- 2-3 very ripe bananas
- 1 c of unsweetened applesauce
- Handful of raisins or cranberries (flavor of choice)
- Handful of chopped unsalted walnuts (optional)
- 1 tsp vanilla extract
- 1 tsp cinnamon or to taste

## Directions

1. Put all ingredients in mixing bowl, mix very well and then place large spoon fulls on a baking sheet. Bake at 350 degrees for about 35 minutes.

## Nutrition Information

Serving:	Calories	Fat	Protein	Carbohydrates	Sodium
1 cookie	70	1.8 g	1.4 g	13 g	<1mg

Carbohydrate Exchange: 1