



December 4- Banana Cookies – Happy Cookie Day!

Smart Snack

Link: <http://recipes.sparkpeople.com/recipe-detail.asp?recipe=1831403>

Recipe

Ingredients:

- 2 cups rolled oats
- 1 banana
- 1/3 cup applesauce
- 1/4 cup raisins
- 1 teaspoon vanilla
- 1 teaspoon cinnamon

Directions:

1. Mash bananas, and add applesauce and vanilla; mix well.
2. Add oatmeal and raisins; mix well.
3. Bake at 350°F for 20 minutes.

Yield 36 servings

Nutrition Facts	
Serving Size 1 cookie (12.04g)	
Servings Per Container 36	
Amount Per Serving	
Calories 30	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 6g	2%
Dietary Fiber 0g	1%
Sugars 1g	
Protein <1g	1%
Vitamin A 0%	• Vitamin C 0%
Calcium 0%	• Iron 0%
* Percent Daily Values are based on a 2,000 calorie diet.	