

Eat Smart • Move More

Fruit Chewy Cookies

Prep Time: 10 minutes

Total Time: 50 minutes



Ingredients

Nonstick cooking spray
3 bananas, peeled
2 cups rolled oats
1 cup raisins
½ cup walnuts, chopped
(optional)
2 tablespoons apple butter
1 ½ tablespoons canola oil
1 teaspoon vanilla extract

Nutrition Facts

24 servings per container	
Serving size	1 serving
	(41.68g)
Amount per serving	
Calories	110
% Daily Value*	
Total Fat 3.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 19g	7%
Dietary Fiber 2g	7%
Total Sugars 7g	
Includes g of Added Sugars	
Protein 3g	
Vitamin D 0mcg	0%
Calcium 13mg	0%
Iron 1mg	4%
Potassium 158mg	4%

*The % Daily Value (DV) tells you how much a nutrient in a serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Directions

- Heat oven to 350°F. Spray a baking sheet with nonstick cooking spray.
- Mash the bananas in a mixing bowl.
- Add oats, raisins, walnuts (if using), apple butter, oil, and vanilla to the mixing bowl. Mix well with the bananas. NOTE: You can toast the walnuts for more flavor.
- Let stand for 10 minutes.
- Drop by teaspoonful onto the baking sheet. Bake for 15-20 minutes until browned.
- Remove and let cool for at least 10 minutes.
- Makes approximately 24 cookies.

Quick Tips

- ▶ For a different flavor, replace the raisins with dates or dried cranberries.
- ▶ Oats are an excellent source of fiber, magnesium, and protein.
- ▶ Since this treat can be made ahead of time, it makes for an excellent snack on-the-go!

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This institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.

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(Recipe adapted from: <http://www.cooks.com>.)

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