



Oatmeal Chocolate Chip Cookies

20 servings

30 minutes

Ingredients

3 Bananas (Ripe)
1/3 cup Unsweetened Applesauce
2 cups Quick Oats (choose gluten-free if gluten-free)
1/4 cup Unsweetened Almond Milk
1/2 cup Raisins (or Dried Cranberries)
1/2 cup Dark Chocolate Chips
2 tbsps Ground Flax Seed
1 tsp Vanilla Extract
1 tsp Cinnamon

Nutrition

Amount per serving	
Calories	101
Fat	3g
Carbs	17g
Fiber	2g
Sugar	8g
Protein	2g
Cholesterol	0mg
Sodium	4mg
Vitamin A	8IU
Vitamin C	2mg
Calcium	16mg
Iron	1mg

Directions

- 1 Blend the above ingredients.
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- 2 Let sit in refrigerator covered for an hour or more.
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- 3 Pre-heat oven to 350F. Roll out balls and lightly press them flat on a greased or parchment lined baking sheet.
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- 4 Bake for 15-20 minutes. Enjoy!!

Notes

To Reduce Calories: Reduce amount of raisins and/or chocolate chips added