

Fruit Chewy Cookies

Ingredients:

non stick cooking spray
 3 bananas
 1 cup raisins
 2 cups rolled oats
 2 tablespoons apple butter
 1/2 cup walnuts, optional,
 chopped
 1 1/2 tablespoons vegetable oil
 1 teaspoon vanilla extract

Equipment:

Cooking sheet
 Mixing bowl
 Spatula
 Measuring cups
 Measuring spoons

Number of Servings: 14
 Prep Time: 20 minutes
 Total time: 40 minutes

Directions

1. Preheat oven to 350F. Spray cooking sheet with non stick spray.
2. Peel and coarsely mash bananas in mixing bowl.
3. Add raisins, oats, apple butter, walnuts, oil and vanilla extract with bananas and stir to mix well.
4. Let stand for 10 minutes.
5. Drop by teaspoonful on sprayed baking sheet. Bake for 10 to 20 minutes until browned.
6. Remove and let cool for at least 10 minutes.
7. Makes 28 cookies

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Nutrition Facts

Serving Size: 2 cookies	
Servings: 14	
Amount Per Serving	
Calories 145	Calories from Fat 45
%Daily Value*	
Total Fat 5g	8%
Saturated Fat 1g	3%
Cholesterol 0mg	0%
Sodium 2mg	0%
Total Carbohydrate 24g	8%
Dietary Fiber 3g	10%
Protein 4g	7%
Vitamin A 1%	Vitamin C 5%
Iron 5%	Calcium 2%

*Percent Daily Values are based on a 2,000 calorie diet

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