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 teaspoons vegetable oil
- 1 teaspoon vanilla extract

Equipment:
- Cooking sheet
- Mixing bowl
- Spatula
- Measuring cups
- Measuring spoons

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

Equipment:
- Cooking sheet
- Mixing bowl
- Spatula
- Measuring cups
- Measuring spoons

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

Nutrition Facts
Serving Size: 2 cookies
Servings: 14

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories 145</th>
<th>Calories from Fat 45 % Daily Value*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat 5g</td>
<td>8%</td>
<td>Saturated Fat 1g</td>
</tr>
<tr>
<td>Cholesterol 0mg</td>
<td>0%</td>
<td>Sodium 2mg</td>
</tr>
<tr>
<td>Total Carbohydrate 24g</td>
<td>8%</td>
<td>Dietary Fiber 3g</td>
</tr>
<tr>
<td>Protein 4g</td>
<td>7%</td>
<td>Vitamin A 1%</td>
</tr>
<tr>
<td>Iron 5g</td>
<td>2%</td>
<td>Vitamin C 5%</td>
</tr>
<tr>
<td>Calcium</td>
<td></td>
<td>*Percent Daily Values are based on a 2,000 calorie diet</td>
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</tbody>
</table>

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