

FRUIT AND OAT COOKIES

(sugar free)

Ingredients:

3 Ripe Bananas
1/3 cup Coconut Oil
1 Tbsp Vanilla
1 Tsp Cinnamon
2 Cups Oats
1 cup Chopped Dried Fruit

Equipment:

Large bowl
Fork
Knife
Measuring Spoons
Measuring Cups
Cookie Sheet

Procedure:

Preheat oven to 350 degrees

- 1) Mash bananas
- 2) Chop dried fruit into small pieces
- 3) Mix all ingredients well
- 4) Using a spoon, place mixture onto cookie sheet in 2 inch balls
- 5) Bake for 15 minutes