

Banana Oat Breakfast Cookies

Adapted from a recipe posted on [Watching What I Eat Blog](#)



Ingredients

- 1 1/2 cups oatmeal, uncooked
- 2 ripe bananas, mashed until creamy
- 1 cup unsweetened applesauce
- 1/3 cup raisins OR mixture of dried fruit, sunflower seeds, pumpkin seeds, etc.
- 1/4 cup chopped walnuts (totally optional!)
- 1 teaspoon pure vanilla extract (don't be using none of that fake stuff!)
- 1 teaspoon cinnamon (or more if you're a cinnamon fiend like me)

I have the ingredients. Now what?

- Preheat the oven to 350 degrees
- Combine the oats & cinnamon.
- Mix the mashed banana & applesauce together. Add the vanilla extract & mix well.
- Add the wet ingredients to the dry, including the dried fruit & mix well. Let this sit for about 10 minutes
- On a parchment lined cookie sheet, drop spoonfuls of batter.
- Bake for 15-20 minutes or until golden.
- ENJOY!!!!