

Easy Banana Cookies



Ingredients

- 3 ripe bananas
- 2 cups rolled oats
- 1 cup dates, pitted and chopped
- 1/3 cup vegetable oil
- 1 teaspoon vanilla extract

Directions

1. Preheat oven to 350°F
2. In large bowl, mash bananas
3. Stir in oats, dates, oil and vanilla. Mix well and allow to sit for 15 minutes
4. Drop by teaspoon into an ungreased cookie sheet
5. Bake for 20 minutes in the pre-heated oven, or until lightly brown



Makes 18 servings

Nutrition information per serving:

112 calories, 1.6 g protein, 8.4 g carbohydrate, 4.8 g fat, 1 mg sodium