



## Fruit Chewy Cookies

### Ingredients

- Nonstick cooking spray
- 3 ripe bananas
- 2 cups old fashioned oats
- 1 cup raisins
- ½ cup walnuts, chopped (optional)
- 2 tablespoons apple butter
- 1 ½ tablespoons canola oil
- 1 teaspoon vanilla extract

### Directions

1. Heat oven to 350°F.
2. Spray baking sheet with nonstick cooking spray and set aside.
3. Coarsely mash bananas in a mixing bowl. Combine remaining ingredients with bananas and stir to mix well. Let stand for 10 minutes.
4. Drop by teaspoonful onto baking sheet. Bake for 10-20 minutes until browned.
5. Remove and let cool for at least 10 minutes. Makes approximately 28 cookies.

### Nutrition Facts

Serving Size 1 serving (85.61g)  
Servings Per Container 14

#### Amount Per Serving

**Calories** 140      **Calories from Fat** 80

**% Daily Value\***

**Total Fat** 9g      **14%**

Saturated Fat 1g      **5%**

Trans Fat 0g

**Cholesterol** 0mg      **0%**

**Sodium** 0mg      **0%**

**Total Carbohydrate** 17g      **6%**

Dietary Fiber 4g      **16%**

Sugars 12g

**Protein** 6g

Vitamin A 0%      •      Vitamin C 4%

Calcium 4%      •      Iron 10%

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