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.
5. Remove and let cool for at least 10 minutes. Makes approximately 28 cookies.

**Nutrition Facts**

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>% Daily Value*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>140</td>
</tr>
<tr>
<td>Calories from Fat</td>
<td>80</td>
</tr>
<tr>
<td>Total Fat</td>
<td>9g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>1g</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>0mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
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<tr>
<td>Dietary Fiber</td>
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<tr>
<td>Sugars</td>
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<tr>
<td>Protein</td>
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<tr>
<td>Vitamin A</td>
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</tr>
<tr>
<td>Vitamin C</td>
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<tr>
<td>Calcium</td>
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</tr>
<tr>
<td>Iron</td>
<td>10%</td>
</tr>
</tbody>
</table>

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