

## Oatmeal Breakfast Cookies

great source of fiber and potassium

### **Ingredients:** makes about 18 cookies

2 cups oatmeal, uncooked quick  
2 ripe bananas  
1 cup unsweetened applesauce  
1 tsp cinnamon  
1 tsp vanilla extract



### **Directions:**

Preheat heat oven to 350 degrees. Mix together, oatmeal, bananas, vanilla extract, applesauce and cinnamon. Prepare a cookie sheets with parchment paper. Drop cookie dough in spoonful's onto the cookie sheet, and then flatten cookies into round shapes. Bake approx. 25 - 30 minutes, or until golden. Remove from oven & let rest on cookie sheet for 5 minutes and then move to cooling rack. Be careful, cookies will be very soft until they cool entirely. Store in an airtight container for up to a week.

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