

Banana Oatmeal Breakfast Cookie

Yield: 24 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-living-breakfast-cookie-recipe>

Ingredients:

- 2 bananas Ripe, to yield about 1 cup mashed
- 1 1/2 cups old fashioned oats not the quick cooking kind
- 1/4 cup flax seed
- 1/3 cup unsweetened applesauce a four ounce container
- 1/2 teaspoon vanilla
- 1/2 teaspoon cinnamon
- 1 tablespoon honey
- 1/4 cup raisins

Nutrition:

1. Calories: 60 calories
2. Carbohydrate: 11 grams
3. Fat: 1 grams
4. Fiber: 2 grams
5. Protein: 2 grams
6. Sodium: 25 milligrams
7. Sugar: 3 grams

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