



## **Banana Oatmeal Raisin Cookies**

**Makes:** 15 servings

No one will know that these tasty cookies don't have any added sugar.

### **Ingredients**

- 3 bananas (ripe)
- 1/3 cup margarine (or butter)
- 2 cup quick-cooking oats (uncooked)
- 1/4 cup skim milk
- 1/2 cup raisins
- 1 teaspoon vanilla extract

### **Directions**

1. Preheat oven to 350 degrees.
2. Put the margarine in a small saucepan. Melt it on low heat.
3. Put all the ingredients in a mixing bowl. Mix really well.
4. Let the mix stand for about 5 minutes, until the oats are wet.
5. Lightly grease the cookie sheet.
6. For each cookie, spoon out about 1 tablespoon of dough and drop it onto the greased cookie sheet.
7. Bake the cookies for 15 to 20 minutes.
8. Let the cookies cool on the cookie sheet for about 1 minute.
9. Move the cookies to wire racks or a towel. Let them cool completely.

### **Notes**

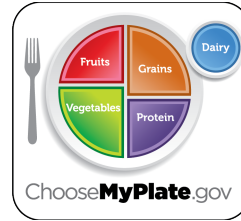
Learn more about:

- Bananas

Source: Pennsylvania Nutrition Education Program, Pennsylvania Nutrition Education Network  
Website Recipes

# Nutrition Information MyPlate Food Groups

**Serving Size:** 2 cookies of 1/15 of recipe  
(49g)



Nutrients	Amount
<b>Calories</b>	<b>114</b>
<b>Total Fat</b>	<b>5 g</b>
Saturated Fat	1 g
Cholesterol	0 mg
<b>Sodium</b>	<b>38 mg</b>
<b>Total Carbohydrate</b>	<b>16 g</b>
Dietary Fiber	2 g
Total Sugars	6 g
Added Sugars included	0 g
<b>Protein</b>	<b>2 g</b>
Vitamin D	0 mcg
Calcium	14 mg
Iron	1 mg
Potassium	168 mg

## MyPlate Food Groups

	Fruits	1/4 cups
	Grains	1/2 ounces

N/A - data is not available