



**Creative Juices  
Consulting**

## Healthy Oatmeal Banana Cookies

3 ripe bananas (mashed)  
1/3 cup all natural apple sauce  
2 cups organic oats  
1/4 cup unsweetened almond or coconut milk  
1/2 cup organic raisins (optional) can substitute dark chocolate chips  
1 tsp vanilla  
1 tsp cinnamon

Mix all the ingredients and drop by spoonful onto a cookie sheet. Bake at 350° for 15-20 minutes.