



Catrina Morris

'Banana Oat Raisin Cookie'



MAKES 8

NUTRITION

- 141Kcals per cookie / Fat 1.4g (saturates .3g), Carb 30.1g (Sugars 14.5g), Protein 2.7g, Fibre 2g

INGREDIENTS

- 120g porridge oats
- 4 x medium ripe / overripe bananas (sweeter)
- 80g raisins
- 1-2 drops vanilla essence
- Sprinkle of cinnamon

METHOD

- In a bowl mix all the ingredients together
- On a lined baking tray dollop out 8 spoons of dough in a circular format
- Bake in the oven 150 degrees for 15 – 20 mins . Leave for longer if you wish to be browner etc.

TIPS

- Great for lunch boxes
- Great for on the go
- Slow release energy source keeping blood sugar levels in check !