

Medical Medium Banana Oat Breakfast Cookies

Ingredients:

- 1 large ripe banana (about 1/2 cup mashed)
- 1 cup gluten free oats
- 1 teaspoon cinnamon
- 1/4 cup cranberries or raisins (optional; if fat-free, use oil-free cranberries)

Directions:

Preheat oven to 350°F/180°C. Line a baking sheet with parchment paper.

Place the banana in a medium-sized mixing bowl and mash with a fork. Add the oats, cinnamon, and cranberries or raisins, if desired. Mix until uniform.

Scoop out the mixture using a heaping tablespoon measure—you should get about 8 cookies. Place them on the baking sheet and flatten them slightly to make discs.

Place the cookies in the oven and bake for 15 to 20 minutes, until browned on the sides. Cool completely before eating.