

balance

HEALTH & WELLNESS TIPS FOR YOUR LIFE

Oatmeal-Raisin Cookies

Makes 24 cookies

Ingredients:

4 cups oats, ground up in a food processor or coffee grinder
1 teaspoon baking powder
½ teaspoon baking soda
1 teaspoon cinnamon
¼ teaspoon nutmeg
2 large ripe bananas, mashed
1 cup apple juice
½ cup raisins

Directions:

1. Preheat oven to 375 degrees F.
2. Mix the dry ingredients in a large bowl.
3. In a food processor, blend the bananas and juice until smooth. Slowly add the dry ingredients while mixing.
4. Pour the batter into the large bowl, and add the raisins.
5. Drop one spoonful at a time onto a nonstick baking sheet. Press down with the bottom of a glass to flatten.
6. Bake for 10 minutes.

Moist and delicious, these cookies are a sweet and satisfying dessert. Don't be fooled by their wet appearance when you take them out of the oven; they'll harden slightly when cooled, but they ARE cooked and ready to eat.