

## **Banana Cookies**

3 ripe bananas, mashed  
2 cups rolled oats  
1 cup dates, pitted and chopped (can substitute raisins)  
1/3 cup vegetable oil  
1 teaspoon vanilla extract

Preheat oven to 350 degrees F. In a large bowl, stir together mashed bananas, oats, dates, oil and vanilla. Mix well. Let batter sit for 15 minutes. Drop by teaspoonful onto an ungreased cookie sheet. Bake for 20 minutes or until lightly brown. Makes 36 servings.

Nutrition information per serving: 57 calories, 1 gram protein, 2 grams fat, 9 grams carbohydrate, 0 mg sodium.