



## Apple Cinnamon Cookie

### Instructions:

Preheat oven to 350.

In a medium mixing bowl, mash the banana with a fork until smooth. Add the oat bran, apple sauce, and a generous amount of cinnamon and mix well.

Using a small portion scoop, scoop out cookies onto a parchment-lined baking sheet with 3 seconds of Pam. Divide into 12 cookies.

Bake for 15 minutes.

Please note that these cookies are wholesome and healthy. Those who are not fully trained in dieting, and are used to sweet foods, may not appreciate these cookies

**Makes 12 cookies**

**2 cookies count as 1 snack**

**Alternatively, this can be counted as breakfast**

**On track one, 5 cookies count as 1 breakfast**

**On track two, 4 cookies count as 1 breakfast**

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**Prep Time:**

10 minutes

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**Cook Time:**

15 minutes

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**Ingredients:**

1 cup oat bran

1 ripe banana

3/4 cup unsweetened apple  
sauce

cinnamon to taste

Pam