



Banana Cookie

Instructions:

Preheat oven to 350.

In a medium mixing bowl, mash bananas with a fork until smooth. Add the oat bran 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

Prep Time:

10 minutes

Cook Time:

15 minutes

Ingredients:

1 cup oat bran

2 ripe bananas

cinnamon to taste

Pam