

Oatmeal Cookies | No Oil

Swick

Makes 10 | Active Time: 15 minutes | Total Time: 25 minutes

Step 1: Prepare Your Mise en Place

- 2 ripe bananas, mashed
- ½ cup of unsweetened applesauce
- 2 TBSP of unsweetened almond butter
- 2 TBSP of flax meal
- 2 tsp of ground cinnamon
- 1 tsp of pure vanilla or maple extract
- 2 ½ cups of uncooked, old-fashioned oats
- ½ cup of raisins
- Optional: Additional ½ cup of raisins and/or vegan chocolate chips

Pre-heat oven to 400°F (204° C).

Line a baking sheet with parchment paper.

In a large mixing bowl, add the mashed bananas and applesauce and mix well until combined. Add the almond butter, and continue blending until all ingredients are mixed together.

Proceed to add flax meal, cinnamon, raisins and vanilla (or maple) extract. Mix and fold well until all ingredients are mixed together.

Gradually add oats and fold until the oatmeal is moistened well. The consistency will resemble a dough. Cover and let sit for about ten-minutes.

Using a two-ounce scoop or a tablespoon, scoop a portion of the dough onto a parchment paper lined baking sheet. Set the dough in an even array.

Place in oven and bake for 18-20 minutes.

Remove one cookie, and check its bottom, which will be a golden brown. When done, remove, and place cookies on a cooling rack.

Optional: If you want to add design and flavor, drizzle melted vegan chocolate on each cookie.