

# Sugarless Oatmeal Cookies

Rating: ★★☆☆

Makes: 15 servings

## Ingredients

- 3 banana (ripe)
- 1/3 cup margarine
- 2 cups quick-cooking oats (uncooked)
- 1/4 cup skim milk
- 1/2 cup raisins
- 1 teaspoon vanilla extract

## Directions

1. Preheat oven to 350 degrees.
2. Put the margarine in a small saucepan. Melt it on low heat.
3. Put all the ingredients in a mixing bowl. Mix really well.
4. Let the mix stand for about 5 minutes, until the oats are wet.
5. Lightly grease the cookie sheet.
6. For each cookie, spoon out about 1 tablespoon of dough and drop it onto the greased cookie sheet.
7. Bake the cookies for 15 to 20 minutes.
8. Let the cookies cool on the cookie sheet for about 1 minute.

## Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	110	
Total Fat	5 g	8%
Protein	2 g	
Carbohydrates	17 g	6%
Dietary Fiber	2 g	8%
Saturated Fat	1 g	5%
Sodium	35 mg	1%

9. Move the cookies to wire racks or a towel. Let them cool completely.

Pennsylvania Nutrition Education Program, Pennsylvania Nutrition Education Network Website Recipes