

Serves 12 • Serving size: 1 cookie

22
minutes

PREP: 10 minutes
COOK: 10–12 minutes

3-Ingredient Oatmeal COOKIES

2 ripe bananas
2 cups rolled oats or quick cooking oats
½ cup raisins or cranberries

1. Preheat oven to 350° F/175° C.
2. In a medium bowl, mash bananas using a fork until no large lumps remain.
3. Add oats and raisins and mix well using a spatula.
4. On a baking sheet lined with Silicone Wonder® Mat, divide batter into 12 even portions. Using hands, press firmly so the bananas bind the cookie together.
5. Bake 10–12 minutes until lightly browned.

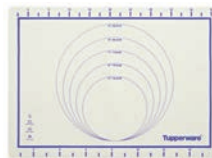
Nutritional Information (per serving):

Calories: 90 Total Fat: 1g Saturated Fat: 0g Cholesterol: 0mg
Carbohydrate: 19g Sugar: 8g Fiber: 2g Protein: 2g Sodium: 0mg
Vitamin A: 0% Vitamin C: 2% Calcium: 0% Iron: 4%

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Tupperware®

TO DEMO



Silicone
Wonder® Mat

OPTIONAL



Measuring
Cups

Measuring
Spoons

Silicone
Spatula