

Fruit Cookies

INGREDIENTS:

2 large bananas

280g oats

80g raisins

Spray oil

Vanilla essence

Makes 8 cookies

DIRECTIONS:

1. Preheat the oven to 350° F, Gas mark 4, 180°C
2. Place oats in blender or food processor and blend until oats become the consistency of flour; it's okay if it is not perfectly ground
3. Mash the banana and mix with the oats
4. Stir in the raisins and a few drops of vanilla essence
5. Spray a baking tray with spray oil. Drop a tablespoon of mixture on to the baking sheet and press down with a spatula
6. Bake for 9-12 minutes. Remove from oven and cool on a wire rack.



Always remember to supervise children during cooking activities

