

# **Banana Breakfast Cookies**

Servings per recipe: 25 small cookies Serving size: 1 small cookie

#### kideatscooking.org

### Ingredients

1 cup banana, mashed (can use overripe banana)
 ½ cup yogurt, plain, low-fat
 ¼ cup water
 1 cup quick oats

½ cup raisins (optional)
½ cup sunflower seeds (optional)
A sprinkle of cinnamon or other spice (optional)

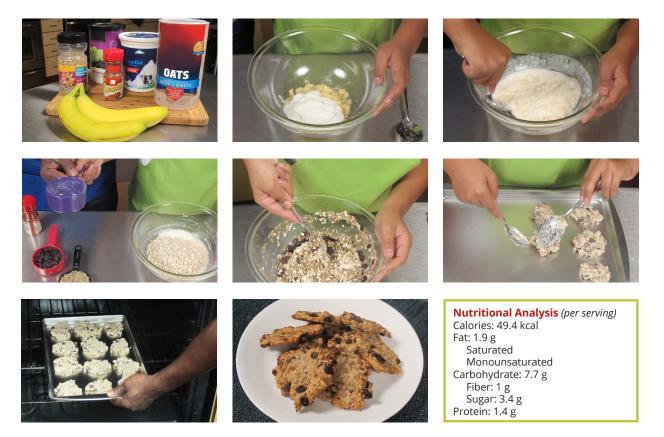
#### Tools

masher or large fork
 set of measuring cups
 set of measuring spoons
 baking sheet
 spatula

## Directions

Wash hands and make sure utensils and countertops are clean.

- 1. Assemble ingredients.
- 2. Mash bananas and add yogurt.
- 3. Mix together with water.
- 4. Add oats and optional ingredients if desired.
- 5. Batter should be thick and easily spoonable.
- 6. Grease baking sheet. Place a tablespoon of dough on the sheet and thin out to make into a flat disk. Repeat with the remaining dough. Refrigerate any leftovers.
- 7. Bake at 350–375°F for 20 minutes. Flip and bake on other side for 15 minutes to make the crust crisper. *Serve and enjoy!*



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