

Choose Your Own Adventure Cookies

These vegan cookies are a great family treat. You can customize them using any variety of your favorite fillings, like chocolate chips, nuts and dried fruit.

Serves 12



Ingredients

- 3 ripe bananas, mashed
- 2 cups rolled oats
- 1/3 cup applesauce
- 1/4 cup plain almond milk
- 1 teaspoon vanilla extract
- 1 teaspoon cinnamon
- 1/2 cup chopped nuts or seeds (optional)
- 1/2 cup dried fruit or chocolate (optional)

Nutrition Facts

Serving Size 3 Cookies
Servings Per Recipe 12

Amount Per Serving

Calories 140 Calories from Fat 40

% Daily Value*

Total Fat 4.5g **7%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 5mg **0%**

Total Carbohydrate 23g **8%**

Dietary Fiber 3g **12%**

Sugars 10g

Protein 3g

Vitamin A 0% • Vitamin C 4%

Calcium 2% • Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Please note: nutritional values are approximate.

Directions

1. Preheat oven to 350 degrees.
2. Mash bananas well.
3. Mix in applesauce, oats, almond milk, vanilla and cinnamon.
4. Fold in your choices of nuts, seeds, dried fruits and chocolate.
5. Use spoons or hands to form 1-2 inch balls of dough and place on cookie sheet with 1-2 inches between each.
6. Slightly flatten dough balls with fork or spoon.
7. Bake for 15-20 minutes.

