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.

**Ingredients**

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

**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.

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**Nutrition Facts**

<table>
<thead>
<tr>
<th>Serving Size 3 Cookies</th>
<th>Servings Per Recipe 12</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Amount Per Serving</strong></td>
<td></td>
</tr>
<tr>
<td>Calories 140</td>
<td>Calories from Fat 40</td>
</tr>
<tr>
<td>% Daily Value*</td>
<td></td>
</tr>
<tr>
<td>Total Fat 4.5g</td>
<td>7%</td>
</tr>
<tr>
<td>Saturated Fat 0g</td>
<td>0%</td>
</tr>
<tr>
<td>Trans Fat 0g</td>
<td></td>
</tr>
<tr>
<td>Cholesterol 0mg</td>
<td>0%</td>
</tr>
<tr>
<td>Sodium 5mg</td>
<td>0%</td>
</tr>
<tr>
<td>Total Carbohydrate 23g</td>
<td>8%</td>
</tr>
<tr>
<td>Dietary Fiber 3g</td>
<td>12%</td>
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<tr>
<td>Sugars 10g</td>
<td></td>
</tr>
<tr>
<td>Protein 3g</td>
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</table>

- 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.

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