



Banana Nut Cookies

2 cups regular oats, uncooked
1 cup raisins
1 cup walnuts, chopped
1/2 teaspoon salt
3 medium bananas, mashed
1/3 cup vegetable oil
1 teaspoon vanilla extract

Preheat oven to 350°. Stir together oats, raisins, walnuts and salt in a large bowl. In another bowl, mix together banana, oil, and vanilla. Add banana mixture to dry ingredients and mix well. Let stand 15 minutes.

Drop by rounded tablespoonfuls onto ungreased baking sheets. Bake at 350° for 15 minutes or until lightly golden. Cool cookies on wire racks. Makes 36 cookies.

Nutrition information per cookie: 77 calories, 2 grams protein, 4 grams fat, 9 grams carbohydrate, 33 mg sodium.