

## Healthy Oat Cookies

Makes 12

### Ingredients:

- 2 large ripe bananas
- 300g oats
- 125g natural yoghurt
- 3 tablespoons of dried fruits or nuts e.g. raisins, cranberries or nuts
- 1 tablespoon white chocolate chips (optional)
- 1 teaspoon ground nutmeg or cinnamon
- 1 tablespoon mixed seeds (optional)



### Equipment:

Mixing bowl, wooden spoon, 2 tablespoons, 2 plate system, fork, baking tin, parchment paper, basin, tea-towel, dishcloth, wire cooling rack

### Method:

1. Prepare a baking tin with parchment paper
2. Preheat oven to 180C / gas mark 6
3. Mash the bananas in a large bowl and add the yoghurt and dried fruit and mix
4. Add the oats and stir. You may need more or less oats depending on the size and ripeness of your bananas. The mixture should stick together and form a loose dough.
5. Take a dessertspoonful of mixture, form into a circular shape and place on a greased baking tray
6. Bake in an oven until pale golden, and firm to touch. Enjoy 😊