

Cassandra's Cookies (Makes: 15 Cookies)



A naturally sweet, wholesome cookie made with simple ingredients. These **gluten-free, dairy-free, and refined sugar-free** treats are perfect for a healthy snack or breakfast on the go.

Ingredients

- 3 ripe bananas, mashed
- ½ cup applesauce
- 2 cups old-fashioned oats
- ¼ cup almond milk (*or substitute with coconut water, as used in this version*)
- ½ cup raisins
- 1 teaspoon vanilla extract
- 1 teaspoon cinnamon
- **Optional:** Chopped nuts for added texture and flavor

Instructions

1. Preheat Oven:

- Preheat your oven to **350°F (175°C)**.
- Line a **baking sheet with parchment paper** for easy cleanup.

2. Mix Ingredients:

- In a large bowl, mash the **bananas** until smooth.
- Stir in the **applesauce, oats, almond milk (or coconut water), raisins, vanilla, and cinnamon.**
- Mix well until all ingredients are fully combined.

3. Shape the Cookies:

- Drop spoonful of the mixture onto the prepared baking sheet, spacing them evenly.
- Shape into rounds if desired, as they will not spread much while baking.

4. Bake:

- Bake for **15–20 minutes**, or until the cookies are set and slightly golden.
- *(For a firmer texture, bake for up to 30 minutes.)*

5. Cool & Serve:

- Let the cookies cool on the baking sheet for **5 minutes**, then transfer to a wire rack.
- Enjoy warm or store in an airtight container.

Nutrition (Per Cookie)

- **Calories:** 87
- **Fat:** 1.8g
- **Cholesterol:** 0mg
- **Sodium:** 2mg
- **Carbohydrates:** 17.1g
- **Fiber:** 2.1g
- **Sugars:** 6.4g
- **Protein:** 1.9g

These cookies are **soft, naturally sweet, and nutrient-packed**, making them a great alternative to traditional baked goods. Enjoy!

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