



NO BAKE COOKIES

Time: 10 min.

Ingredients:

- 1 ripe banana, mashed well
- 1 cup sugar
- 1/4 cup cocoa powder
- 1/2 cup non-fat milk
- 1/2 cup peanut butter
- pinch of salt
- 1 tsp pure vanilla extract
- 3 cups instant oats

Directions:

- Place all ingredients except the vanilla and oats in a medium saucepan and bring to a boil over medium heat, stirring often
- Let the mixture boil for 1 minute, remove from heat and let the mixture cool for 1 min
- Add the vanilla and oats and stir well
- Drop by teaspoonfuls onto waxed paper and cool at room temperature



Did you know? Traditionally, no bake cookies are made with butter, but this recipe uses a banana instead to decrease fat content.

Benefits: Raw cocoa powder has up to four times the antioxidants found in green tea. Antioxidants destroy free-radicals in your body.