

# Oaty biscuits



Makes 16, 31 cal's per biscuit

2 very ripe bananas, mashed  
1 cup oats, rolled or quick (I used GF)  
1/2 teaspoon cinnamon  
1/4 cup loosely packed sultanas or raisins

Preheat oven to 180°C.

In a medium size bowl, mash bananas fairly smooth, a few small chunks is ok. Add oats and cinnamon, mix well. Add in sultanas, mix again.

Grease a cookie sheet lightly with coconut oil or extra virgin olive oil spray. Using a tablespoon, scoop mixture and place on lined baking tray. You can make into in a dome shape or you could flatten it out a bit with your fingers to make a flatter shape. Should get anywhere from 12 -16 depending on the size you scoop out, if it was a heaping tablespoon or not.

Bake in oven for 15 - 20 minutes. If you make your scoops dome shaped and on the larger side together, bake for 20 - 25 minutes. Remove from oven, let cool a few minutes before eating.

Store leftovers loosely covered and eat within a day or two.