

DR. CHRISTOPHER'S
Herbal Legacy Newsletter

Skinny Chunky Monkey Cookies

3 ripe bananas
2 cups oats or 1 cup oats 1 cup quinoa flakes
1/4 cup peanut butter (can substitute almond butter)
1/4 cup cocoa powder
1/3 cup unsweetened apple sauce
1 tsp vanilla

Preheat oven to 350. Mash bananas then add the rest of the ingredients, stir and let sit for 20 minutes. Drop by teaspoonful onto ungreased cookie sheet. Bake 10-12 minutes.

