



✂ Snack ⌚ 35 min

Banana and Raspberry Cookies

Chewy and naturally sweet, these cookies will appeal to the whole family.

1

Preheat your oven to 180 degrees C and line a baking tray with parchment paper. In a jug, place the dried cranberries, cover them with freshly boiled water and soak for 10 minutes. In a large bowl, mash the bananas until smooth. Add the oats, cinnamon and nutmeg to the banana and stir well.



INGREDIENTS FOR 2 PERSONS

40g dried cranberries
2 ripe Chiquita Bananas, with brown flecks on peel
180g jumbo oats
1/4 tsp ground cinnamon
1/4 tsp ground nutmeg
100g frozen raspberries

NUTRITIONAL VALUES PER PERSON

91 kcal Calories
1.2g Fat
0.2g Saturates
18.5g Carbohydrate
5.0g Sugars
2.4g Fibre
2.5g Protein
0.0g Salt

2

Drain the liquid from the cranberries. Add the cranberries and frozen raspberries, mixing well so that the oats take on the colour of the raspberries. Take a tablespoon of the mixture and place on the baking tray, pressing down to form a cookie shape.



3

Bake in the centre of the oven for 15 minutes. Once cooked, leave to cool on the tray for 5 minutes, before removing to a wire rack and leaving to cool completely. They'll keep in an airtight container for 5 days.

