

# ONE BITE

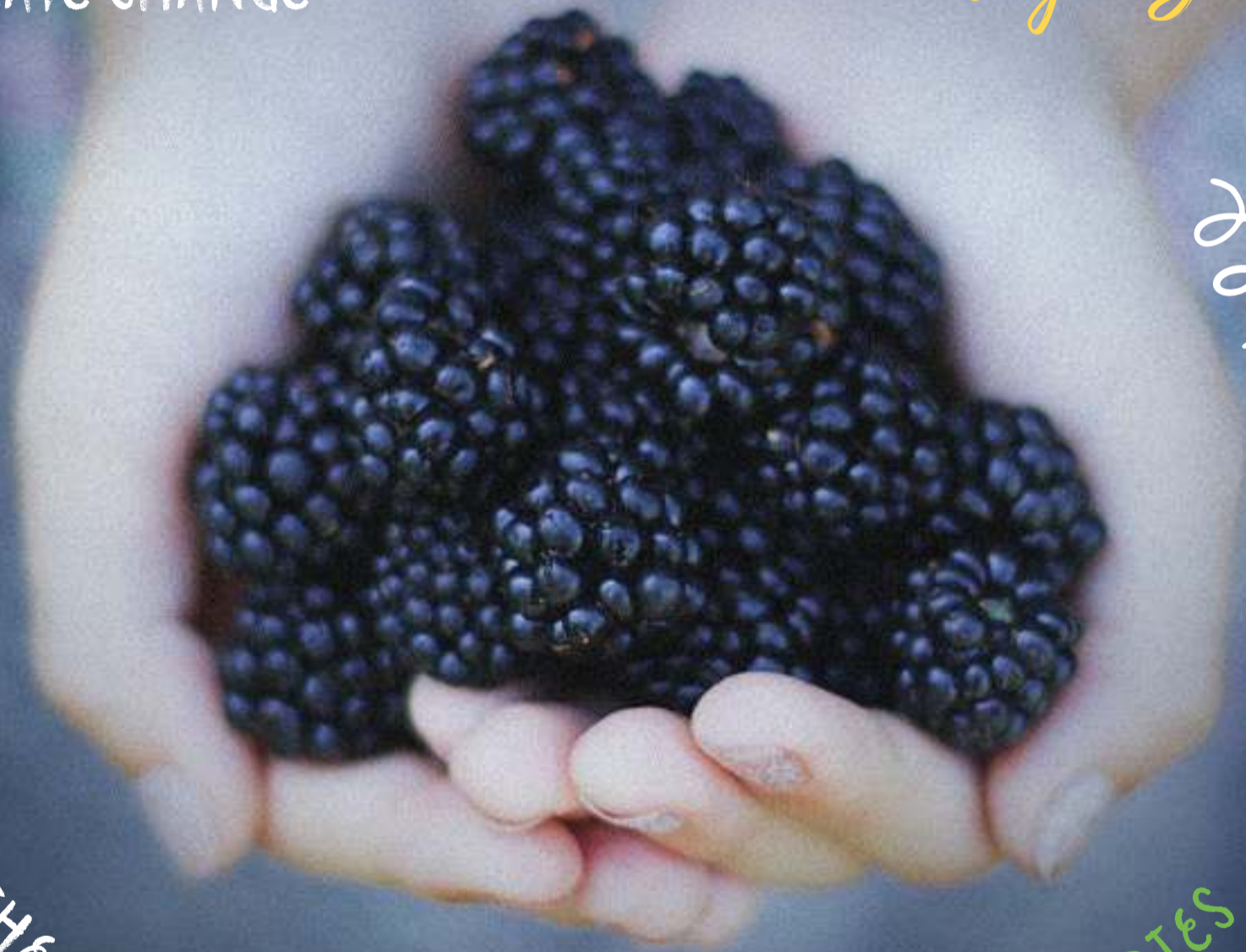
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*Vegan Magazine*

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Vegan Meals <<

TWO SECRETS  
for EATING VEGAN  
ANYWHERE

MAMA MIA  
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# HEALTHY PEANUT BUTTER

## Oatmeal Raisin Cookies

By Daniela Anderson

Healthy Peanut Butter Oatmeal Raisin Cookies that are vegan and gluten free, some seriously delicious cookies for kids and grown-ups alike. They have no refined-sugar added, no flour, and make a fantastic afterschool snack. Or even some healthy breakfast cookies to be enjoyed on the go.

### INGREDIENTS

- 3 bananas
- 1 cup oats
- 3 tbsp smooth peanut butter (or crunchy peanut butter)
- 3 tbsp maple syrup (or honey)
- ¼ cup raisins
- 1 tsp vanilla extract (option)

### INSTRUCTIONS

1. Peel the bananas, then use a fork to mash them until smooth.
2. Add the oats, raisins, peanut butter and maple syrup, plus vanilla extract if using, and mix well to combine.
3. Preheat the oven to 200 degrees Celsius (390 Fahrenheit).
4. Line 2 baking trays with non-stick parchment paper.
5. Scoop one tablespoon of oatmeal mixture, and shape into a cookie.
6. Depending on the size, you should get 9-10 cookies.
7. Bake for 20 minutes.
8. Serve warm or cooled down.

PREP TIME:  
5 mins

COOK TIME:  
20 mins

TOTAL TIME:  
25 mins

SERVINGS:  
9 cookies

CALORIES:  
131 kcal

Daniela Anderson



Daniela Anderson is the recipe developer behind mygorgeousrecipes.com. Her blog showcases her love for cooking with lots of easy, healthy and delicious recipes that everyone will love! On her website you can find a variety of recipes for any occasion, there's something for everyone.

Website: [www.mygorgeousrecipes.com](http://www.mygorgeousrecipes.com)

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