Date and Banana Cookies

Equipment:	Method:
Measuring cups and spoons Mixing bowl Fork Chopping Board Baking tray and paper	1. Preheat oven to 175 degrees C.
Ingredients : • 3 ripe bananas • 2 cups rolled oats • 1 cup dates, pitted and chopped • ⅓ cup apple sauce • 1 teaspoon vanilla extract • 1/4 cup honey/maple syrup	2. In a large bowl, mash the bananas. 3. Stir in oats, dates, apple sauce, vanilla and honey. 4. Mix well. 5. Drop by teaspoonfuls onto an ungreased cookie sheet. 6. Bake for 15-20 minutes in the preheated oven, or until lightly brown.