



Makes 10 cookies
Preparation Time: 15 minutes
Cook Time: 15 minutes

INGREDIENTS:

½ cup mashed banana (1 large)
½ cup grated apple
¼ cup chunky no-salt-added
peanut butter
¼ cup pure maple syrup
2 tablespoons unsweetened,
unflavored plant-based milk
1 teaspoon pure vanilla extract
1 cup rolled oats
½ cup whole wheat flour
2 teaspoon ground cinnamon
¼ teaspoon baking soda
¼ teaspoon sea salt
1 cup raisins

Chewy Apple-Raisin Oatmeal Cookies

Perfect for keeping your energy levels high during a long hike or satisfying your sweet tooth after dinner, these oversized cookies are delightfully chewy and incredibly versatile. The wholesome combination of peanut butter, oats, raisins, and cinnamon tastes like a decadent treat but these crave-worthy cookies are totally free from refined sugar and **oil**. Don't be afraid to get creative and add in other ingredients like chopped nuts, freeze-dried blueberries, or vegan dark chocolate chips to totally customize the recipe. Pro tip: Keep a batch in the freezer so you always have a tasty treat on hand!

For more healthy cookie recipes, check out these tasty ideas:

- [Peanut Butter–Quinoa Flake Cookies](#)
- [Almond-Oat Cookie Bars with Pumpkin Frosting](#)
- [Stone Fruit & Quinoa Breakfast Cookies](#)
- [Lunchbox Chocolate Chip Cookies](#)

By Nancy Macklin, RDN

- 1** Preheat oven to 350°F. Line two cookie sheets with parchment paper. In a large bowl combine the first six ingredients (through vanilla). In a small bowl stir together the next five ingredients (through salt). Add oat mixture to apple mixture; stir until combined. Stir in raisins.
- 2** Drop dough by ¼-cup portions 3 inches apart onto prepared cookie sheets. Dip a spatula in water and use it to flatten and spread the mounds to 2¾-inch rounds (about ½ inch thick).
- 3** Bake 12 to 14 minutes or until cookies are browned. Cool on a wire rack. To Store: Layer cookies between sheets of waxed paper in an airtight container; cover. Store in the refrigerator up to 1 week or freeze up to 3 months.