

Julia's Banana Rocks

(About 2 ½ dozen cookies)

This is an easy drop cookie with no flour or eggs or sugar. The only sweetener in it is mashed bananas, but a drizzle of honey over the top of the cookies once they're out of the oven really makes them delicious.

1 cup raisins

4 Tablespoons fresh squeezed orange juice or sherry (don't worry about the alcohol, it burns off during simmering)

1/3 cup canola oil

2 large or 3 small very ripe bananas, mashed

2 cups rolled oats (not instant) or 1 3/4 cups rolled oats and 1/4 cup toasted wheat germ

1 cup pecans or walnuts, finely chopped

honey

- Preheat the oven to 350 degrees.
- In a small saucepan, combine the raisins and orange juice or sherry and add cold water enough to cover the raisins.
- Bring to a simmer and cook until all but about 1 Tablespoon of the liquid has evaporated. Remove from the heat and stir in 1/3 cup of canola oil.
- Mix in the bananas. Mix in the oats and the nuts.
- Drop by spoonfuls onto ungreased cookie sheets and bake for about 20 – 25 minutes, until the edges and tops are just golden.
- Drizzle honey over the tops of the warm cookies.

This recipe comes to us from Julia with Nurture and Anita Brown Culinary Coach.

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