



Sweet Tooth

When you have a sweet tooth and want to stay on track, here's a nice treat. Sugar is NOT an added ingredient.

3 mashed bananas (ripe), 1/3 cup apple sauce, 2 cups oats, 1/4 cup almond milk, 1/2 cup raisins (optional), 1 tsp vanilla, 1 tsp cinnamon. Bake at 350 degrees for 15-20 minutes.

[Judy Otwell Estes](#) shared [Don Colbert's photo](#).