

Oatmeal Breakfast Nuggets (muffin-cookies)

Ingredients:

2-½ c old-fashioned rolled oats

½ c chopped walnuts

1 tbsp cinnamon

½ tsp nutmeg

1 banana (8-10 frozen chunks)

1 can pumpkin purée

2 tsp vanilla

½ c golden raisins

Grated Granny Smith apple

Recipe:

Mix dry ingredients and Purée the wet ingredients

Combine everything

Drop spoonfuls on parchment paper or silicone mat

Bake for 16 minutes at 350 degrees

<http://nutritionstudies.org/recipes/dessert/oatmeal-breakfast-muffins/>



Add-ins:

frozen wild blueberries

frozen raspberries

chopped dates

grated carrot