

Healthy Oat Thumbprints

A diabetic-friendly recipe

Ingredients:

- Cooking spray
- 1 medium ripe banana, mashed
- 1/4 cup peanut butter
- 1 1/4 cups quick oats
- 1 teaspoon cinnamon
- 8 teaspoons sugar-free jelly of choice



Directions

1. Preheat oven to 350°F. Line a cookie sheet with parchment paper. Spray with cooking spray.
2. Combine banana, peanut butter, oats, and cinnamon in a large bowl.
3. Roll dough into 8 equal balls and place onto the prepared baking sheet. Flatten each with your palm. Using your thumb, create a well in the center of each mound.
4. Bake 10–15 minutes. Allow to cool on a cooling rack.
5. Place one teaspoon of jelly in the well of each cookie.

Makes 8 servings

To make a recipe card, print on card stock paper. Cut out along dotted lines. Glue the front and back of the card together.