



RAW APPLE COOKIES

2 ripe bananas
200g dried apples
½-1 cup saltanas or currants
½ cup sunflower

Place all ingredients in a food processor or blender, give it a wiz – but keep the ingredients chunky.

Roll into balls and press into desired cookie size.

For the raw version – pop into the fridge overnight to set.

Or for the cooked version and a little crunch – place in heated oven to 150°C for 10-15 mins