

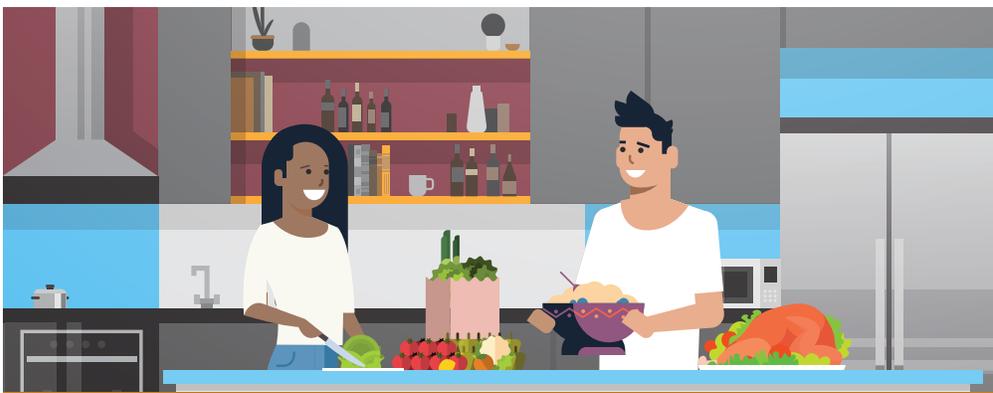
# This holiday season do what's best for you and your loved ones

Being away from family and friends during the holidays can be hard.



When you talk with your friends and family about plans, it's ok if you decide to stay home and remain apart from others.

Hard choices to be apart this year may mean that you can spend many more years with your loved ones.



Doing what's best for you includes eating healthy foods and getting enough sleep.

Do what is best for your health and the health of your loved ones. This year spend time with those in your own household.



Make time to take care of your body and stay active to lessen fatigue, anxiety, and sadness.



Substance Abuse and Mental Health Services Administration  
Disaster Distress Hotline: 1-800-985-5990 or text TalkWithUs to 66746

[cdc.gov/coronavirus](https://cdc.gov/coronavirus)

# Banana Oatmeal Breakfast Cookies

Budget-friendly recipe

Serves: 16

Ready in: 35 mins.

## Ingredients

2 Bananas

4 tablespoons Pumpkin *puréed, canned*

1 teaspoon Vanilla Extract

1 teaspoon Cinnamon

½ teaspoon Salt

½ teaspoon Ground ginger

½ teaspoon Cloves

1 cup Oats

½ cup coconut flakes *dry, unsweetened*



Photo attribution: Ella Canapary

## What You'll Need

Mixing Bowls

Mixing Spoon

Measuring spoons

Measuring cups

Spatula

baking trays

Oven

Oven mitt

## Directions

1. Preheat oven to 375 degrees.
2. Mash bananas in a bowl with fork.
3. Mix in pumpkin puree, vanilla, and spices.
4. Add oats and combine until dough forms.
5. Fold in coconut.
6. Spoon dough onto a baking sheet lined with parchment paper (Makes about 16 cookies).
7. Bake for about 20 minutes, take out of oven and let cook for 10 minutes.

## Nutrition Info and more

Total calories: 68 Total fat: 2 g Saturated fat: 1 g Carbohydrates: 12 g Protein: 2 g Fiber: 2 g Sodium: 41 mg  
Added Sugar: <1g

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