



# Apple oatmeal treats

## Ingredients

1 banana, ripe

1 cup shredded carrot

¼ cup unsweetened apple sauce

⅛ cup water

1.5 cups whole wheat flour

1 cup oats

## Instructions

Preheat your oven to 350F.

Mash the carrots with the banana, then add applesauce and water.

Fold in the oats and gradually add the flour until a dough is formed.

Lightly sprinkle a counter top with some whole wheat flour and roll out the dough to about ½ inch thick.

Use a small biscuit cutter (or any cutter of your choice!) and place treats on a lightly-sprayed cookie sheet.

Bake for 25 minutes, and then turn off the oven and let the treats stay inside for an additional 2-3 hours.

This will dehydrate them further, creating a chewy (or crunchy, depending on how long you let them dehydrate) treat with a longer shelf life!