**Nutty Monkey Snacks**

4 Bananas, mashed

1 tsp vanilla

½ C flour ( spelt, quinoa, brown rice, or oat meal or a combo )

1 1/2C chopped nuts

2 to 4 packages Stevia

Opt: ½ teaspoon salt if using unsalted nuts

Combine all ingredients and mix thououghly. Drop by tablespoonfuls onto oiled cookie sheet. Bake at 350 degrees for 20-25 minutes.

Makes 2 dozen snacks.