



## Oatmeal Banana Cookies (non-rotate)

"Here is another recipe from AETC patient, Carol J. For those of you who like to have a treat every now and then, here is a great healthy cookie with no added sugar. They are delicious!"

### Ingredients:

- 1 ½ cups rolled oats
- 1 cup unsweetened coconut flakes
- ½ teaspoon salt
- 1 teaspoon cinnamon
- ½ cup almond meal
- ½ cup almonds, finely chopped
- 1 cup raisins (or other dried fruit)
- 3 ripe bananas, mashed
- 2 eggs
- ¼ cup melted coconut oil or butter
- 1 teaspoon vanilla extract
- Optional: ½ cup Enjoy Life Chocolate Chip minis



### A TESTIMONIAL

Laura-  
 WOW!!!! I just got home last night from working out of town all week & am diving into all that you sent. I must share that I am extremely impressed with all that you have sent my way. I could not have imagined that all of the info that you sent would be as helpful & valuable as it was. Your customized diet for me was perfectly in line with what we discussed & so much better than I could have put together. I cannot thank you enough for your ton of energy on this, listening to my specific needs, and being such a resource. Your work is impressive and again, I cannot thank you enough.

I am putting it all together this weekend & look forward to getting going next week. Please be sure to forward me any recipes as I will need all of the help I can get. Again, a huge thanks.

- K. from Scottsdale

## The Allergy & Environmental Treatment Center, LLC

*Testing, Diagnosis & Treatment of Environmental and Food Allergies.*



### Allergy & Environmental Treatment Center, LLC

Edwards Professional Park II  
 8952 East Desert Cove Drive, Suite 114  
 Scottsdale, Arizona 85260  
 Clinic: (480) 634.2985

### Schedule an Appointment!

Monday: 9:00 am - 7:00 pm  
 Tuesday: 9:00 am - 5:30 pm  
 Wednesday: 9:00 am - 8:00 pm  
 Thursday: 9:00 am - 5:30 pm  
 Friday: 7:30 am - 5:00 pm

### 2 Saturdays/Month

Saturday: 9:00 am - 1:00 pm  
 Saturday: 8:00 am - 11:00 am  
 (See Website testing calendar for Saturday Schedules.)

**Call: (480) 634-2985**

The Allergy & Environmental Treatment Center, LLC provides quality care to individuals suffering from a variety of debilitating allergy illnesses presenting symptoms associated with food, environmental and chemical allergens. The clinic offers sophisticated testing technology which isolates the exact causes of symptoms. This is followed by a precise treatment regimen designed to return individuals to a healthy and vibrant lifestyle.