

# Tropical Cookies

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## Ingredients:

1 large egg.  
1 tablespoon of milk.  
1 cup of unbleached white flour.  
½ cup of flaked coconut.  
¼ cup of mashed banana.  
¼ cup of pineapple juice concentrate.  
¼ cup of vegetable oil.  
¼ teaspoon of baking soda.  
Grated orange rind.

## Directions:

Mash a ripe banana with a fork to measure ¼ cup.

Beat together the banana, pineapple juice concentrate, vegetable oil, egg, and milk until creamy.

Add the flour, baking soda, and flaked coconut. Beat thoroughly.

Drop by rounded teaspoonfuls onto lightly oiled baking sheets and sprinkle with grated orange rind.

Bake at 350°F (180°C) for 7-8 minutes or until just brown around the edges and firm to the touch.

Allow to cool on wire racks.