RECIPE

Banana Oatmeal Cookies

A healthy way to start your day, these cookies bring whole grains, protein, and fiber to you for a quick on the go breakfast or after school snack.

Makes: 7 servings
Serving size: 2 Cookies
Prep Time: 10 minutes
Cook Time: 15 minutes

Source: https://www.mainesnap-ed.org/recipes/banana-oatmeal-cookies/

Small Changes, BIG Difference!

Ingredients

- 2 very ripe bananas
- 1 cup quick oats
- 1/2 teaspoon cinnamon
- 1/2 teaspoon vanilla
- 1/2 cup raisins

Directions

1. Preheat the oven to 350 degrees.
2. In a medium bowl, mash bananas with a fork until mostly smooth.
3. Add oats, cinnamon, vanilla, and raisins. Mix well.
4. Drop rounded teaspoonfuls of dough onto a lightly sprayed or oiled baking sheet. Flatten with the back of a spoon or the bottom of a drinking glass.
5. Bake 10 to 15 minutes. Remove from oven and let cool before serving.
6. Store in an airtight container.

Nutrition Information

Serving Size: 2 Cookies

Nutrients	Amount
Calories:	100
Total Fat:	1 g
Saturated Fat:	0 g
Cholesterol:	0 mg
Sodium:	0 mg
Total Carbohydrates:	21 g
Dietary Fiber:	3 g
Total Sugars:	9 g
Added Sugars:	9 g
Protein	2 g
Vitamin D	0 %
Calcium	2 %
Iron	6 %
Vitamin C	4 %

Utensils Needed

- Baking Sheet
- Medium Bowl
- Measuring Cups
- Measuring Spoons
- Fork, Spoon, and Spatula

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SNAP-Ed is funded by USDA's Supplemental Nutrition Assistance Program or SNAP. This institution is an equal opportunity provider.