



Chewy Banana Nut Oatmeal Cookies

This still a desert. It is meant to be consumed in moderation, but is a more nutritious option to satisfy your sweet tooth. You can also add a few chocolate chips or coconut to change it up.

U.S.		Metric
1 cup	All Purpose Flour	120 g
1 tsp	Baking Powder	4 g
1/2 tsp	Baking Soda	3 g
1/8 tsp	Salt	.59 g
1/2 tsp	Cinnamon, ground	2.36 g
2 Tbsp	Butter, Unsalted, room temperature	28.25 g
1/4 cup	Sugar	49.5 g
1/2 cup	Brown Sugar	106.5 g
1 each	Egg	1 each
1 each	Banana, ripe, mashed	1 each
1/2 tsp	Vanilla Extract	2.5 ml
2 cups	Oats	198 g
3/4 cup	Walnuts, chopped	84.75 g
As needed	Cooking Spray	As needed

Preparation:

1. Gather all ingredients and equipment.
2. Preheat oven to 350°F (180°C). Line two baking sheets with parchment paper and grease sheets with cooking spray.
3. In a medium bowl, whisk together flour, baking powder, baking soda, salt and cinnamon. Set aside.
4. In a large mixing bowl using a hand mixer or in a stand mixer, cream together the butter and sugars on medium speed until light and fluffy.
5. Add in the egg and mix until incorporated, then add the mashed banana and vanilla extract and mix until combined.
6. To avoid over mixing, fold in the flour mixture and oats by hand, using a rubber spatula, until just incorporated. The fold in the chopped walnuts.
7. Drop the dough by heaping tablespoons onto the prepared baking sheets and very slightly flatten.
8. Bake for about 10-12 minutes, or until cookies become light brown at the edges.
9. Remove from the oven and allow to cool. Cookies may be stored in an airtight container.

Nutrition Facts

20 Servings

Serving size **1 cookie**

Amount per serving

Calories **160**

Calories from Fat 50

Total Fat 5 g

 Saturated Fat 1.5 g

 Trans Fat 0 g

 Monounsaturated Fat 1 g

Cholesterol 10 mg

Sodium 75 mg

Total Carbohydrate 25 g

 Dietary Fiber 2 g

 Total Sugars 9 g

 Includes 7g Added Sugars

Protein 4 g

Vitamin D 0 %

Calcium 4 %

Iron 8 %

Potassium 126 mg

Phosphorus 115 mg