

BANANA EVERYTHING COOKIE

INGREDIENTS:

- 1 well ripe banana
- 1/3 cup canola oil
- 2/3 cup sugar
- 1 teaspoon vanilla
- 3/4 cup all-purpose flour
- 1/2 teaspoon baking soda
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon salt
- 2 cups quick cooking oats (not instant)
- 1/2 cup chopped walnuts
- 1/2 cup chocolate chips

DIRECTIONS

- Preheat oven to 350° F. Lightly grease two baking sheets.
- In a mixing bowl, mash the banana well. You can use a fork for this, but your hands work well too. Add oil, sugar, and vanilla, and mix with fork. Add the flour, baking soda, salt, and cinnamon and mix until the dry ingredients are just moistened. Add the oatmeal, ensuring the oats become moist. If the dough is slippery, add a few tablespoons extra flour.
- Clean your hands and roll the dough into balls slightly smaller than a golf ball. Flatten a bit in your hands and place each ball about 2-inches apart on the cookie sheet.
- Bake for 10–12 minutes, until lightly browned. Let the cookies cool on the cookie sheet for 2 minutes, and then transfer them to a cooling rack.

Nutrition Facts

Serving Size 1 cookie (29g)
Servings Per Container 24

Amount Per Serving

Calories 120 **Calories from Fat 50**

% Daily Value*

Total Fat 6g **9%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 50mg **2%**

Total Carbohydrate 15g **5%**

Dietary Fiber 1g **4%**

Sugars 7g

Protein 2g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

