

Banana Chocolate Chip Oatmeal Cookies

Ingredients:

- 2 cups flour
- 1/2 cup brown sugar
- 1 teaspoon salt
- 1 egg
- 1/2 teaspoon baking soda
- 2 teaspoon vanilla extract
- 1/2 teaspoon baking powder
- 1 large ripe banana, mashed
- 1/2 teaspoon cinnamon
- 1 cup old-fashioned oats
- 3/4 cup butter, softened
- 2 cups chocolate chips
- 1/2 cup sugar

Directions

1. Preheat oven to 350 °F and line cookie sheets with parchment paper.
2. In a large bowl, sift flour, salt, baking soda, baking powder, and cinnamon together.
3. In a stand mixer, beat butter, sugar, and brown sugar for 2 minutes until light and fluffy.
4. Add egg and vanilla extract and beat until combined. Scrape down the sides of the mixer as needed.
5. Add mashed banana and slowly add in dry ingredients. Do not over mix.
6. Stir in chocolate chips.
7. Scoop out golf ball sized dough balls and bake for 9 – 12 minutes or until the bottoms start to turn golden brown. Be careful not to over-bake!
8. Let cool and serve.

Nutrition Facts

Serving Size 1 cookie (31g)
Servings Per Container 40

Amount Per Serving

Calories 110 **Calories from Fat** 40

% Daily Value*

Total Fat 4.5g **7%**

Saturated Fat 3g **15%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 75mg **3%**

Total Carbohydrate 18g **6%**

Dietary Fiber 1g **4%**

Sugars 11g

Protein 2g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 6%

*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

