



BANANA OATMEAL CHOCOLATE CHIP COOKIES

No sugar added, high in fibre and easy recipe.

 20 minutes

 45 minutes

 12 portions

INGREDIENTS

- 1 large [8" to 8-7/8" long] banana, soft and ripened
- 1/4 cup canola oil or olive oil
- 1 whole large egg
- 1 tsp of vanilla extract
- 1.25 cups quick oats, dry
- 3/4 cups of oat flour
- 1/8 tsp of baking soda
- 1 dash of salt, table
- 0.5-1 cup of unsweetened chocolate chips

COOKING METHOD

- 1° Preheat oven to 350 degrees F
- 2° In a large bowl, mash banana and mix in oil, egg, and vanilla
- 3° In another bowl, mix together the oats, flour, baking soda, salt, and cinnamon
- 4° Slowly add the dry mixture to the wet mixture while gently stirring
- 5° Gently pour and stir in the chocolate chips or add-ins [optional]
- 6° Drop dough by rounded tablespoons about 2 inches apart onto a lightly greased baking sheet
- 7° Bake 12-14 minutes or until light brown. Cool slightly; remove from cookie sheet. Let stand on wire rack until cooled
- 8° These pair well with a protein-containing food like milk or a milk alternative. Enjoy!

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (45 g)	% DRI
ENERGY	372 kcal	169 kcal	8 %
FAT	21 g	9 g	15 %
FATTY ACIDS, TOTAL SATURATED	2 g	1 g	3 %
CHOLESTEROL	34 mg	16 mg	5 %
SODIUM	75 mg	34 mg	1 %
CARBOHYDRATE	41 g	19 g	6 %
SUGARS	14 g	6 g	—
FIBER	5 g	2 g	9 %
PROTEIN	7 g	3 g	—