

Banana Nut Oatmeal Cookies

These easy to prepare, chewy and flavorful cookies are a nutrient-dense option that satisfies sweet cravings.

YIELD	PREP TIME	TOTAL TIME
19 SERVINGS	10 MIN	30 MIN

INGREDIENTS

As Needed	Non-stick Cooking Spray
1 cup	All Purpose Flour
1 tsp	Baking Powder
½ tsp	Baking Soda
⅛ tsp	Kosher Salt
½ tsp	Cinnamon, ground
2 Tbsp	Butter, unsalted, room temperature
½ cup	Brown Sugar, lightly packed
¼ cup	Sugar, granulated
1 large	Egg
1 each	Banana, ripe, mashed
½ tsp	Vanilla Extract
1 ½ cups	Oats, instant or quick
¾ cup	Walnuts, chopped

CHEF'S NOTES

Using a ripe banana adds sweetness to this recipe. If you find the cookies too sweet for your taste, you can decrease the brown sugar down to ⅓ or ¼ cup.

The instant oats in this recipe yields a moist and tender cookie. Feel free to replace with old-fashioned oats, but the cookies will be a little drier.

No stand mixer? No problem! A hand mixer also works well for this recipe.

DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above. Preheat oven to 350°F. Line two baking sheets with parchment paper and lightly spray sheets with cooking spray.
2. In a medium bowl, whisk together the flour, baking powder, baking soda, salt, and cinnamon. Set aside.
3. In the bowl of a stand mixer, add the butter, sugar and brown sugar. Using the paddle attachment, cream the butter and sugars on medium speed until light and fluffy.
4. Add the egg and mix until well incorporated. Add the mashed banana and vanilla, mix until combined.
5. To avoid over mixing, fold in the flour mixture and oats by hand, using a rubber spatula. Do not overmix. Fold in the chopped walnuts.
6. Using a small scoop or tablespoon, drop the dough onto the prepared baking sheets.
7. Bake for about 10-12 minutes, or until the cookies become light brown around the edges.
8. Remove from the oven and allow to cool.

Nutrition Facts

19 servings per container

Serving size 1 cookie (37g)

Amount Per Serving

Calories 130

% Daily Value*

Total Fat 4.5g 6%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 15mg 5%

Sodium 75mg 3%

Total Carbohydrate 20g 7%

Dietary Fiber 1g 4%

Total Sugars 10g

Includes 9g Added Sugars 18%

Protein 3g 6%

Vitamin D 0.1mcg 0%

Calcium 30mg 2%

Iron 0.8mg 4%

Potassium 70mg 2%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

CONTAINS: MILK, EGG, WALNUT, WHEAT

Recipe adapted from Health meets Food, "Chewy Banana Nut Oatmeal Cookies" (4/10/18)



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