



February 16- Strawberry Banana Oat Cookie

Smart Snack

Link: <http://recipes.sparkpeople.com/recipe-detail.asp?recipe=2310808>

Recipe

Ingredients:

- 1 cup oats
- 1 banana
- 5 strawberries
- 2 teaspoon vanilla

Directions:

1. Combine all ingredients in a bowl; mash well.
2. Make into cookies and bake at 350°F for 15-20 minutes.

Yields 8 servings

Nutrition Facts

Serving Size 1 cookie (33.42g)
Servings Per Container 8

Amount Per Serving

Calories 60 Calories from Fat 5

% Daily Value*

Total Fat 0.5g **1%**

Saturated Fat 0g **1%**

Trans Fat

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 11g **4%**

Dietary Fiber 2g **6%**

Sugars 2g

Protein 2g **3%**

Vitamin A 0% • Vitamin C 10%

Calcium 0% • Iron 2%

* Percent Daily Values are based on a 2,000 calorie diet.