



## 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.