



February 22- Banana Oat Cookies

Smart Snack

Link: <http://www.whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/banana-oat-cookies>

Recipe

Ingredients:

- 1 cup banana, mashed
- 1 cup quick oats
- ½ cup yogurt, low-fat plain
- ¼ cup water
- ½ cup raisins
- ½ cup sunflower seeds
- Spices to taste

Directions:

1. Wash hands, make sure utensils and counter top are clean.
2. Mash bananas, mix with yogurt and water.
3. Add quick (not instant) oats. Mix well.
4. Add optional add-ins if you wish. Keep them minimal.
5. Add spices, to taste (optional)
6. The batter should be thick and easily spoonable.
7. Grease a baking sheet. Place a tablespoon of dough on the sheet, thin out to a flat disk. Repeat with remaining dough. Refrigerate if any is remaining in bowl.
8. Bake at 350-375°F for 20 minutes. Flip and bake on other side 15 minutes to make crisper crust.

Yields 25 servings

Nutrition Facts

Serving Size 1 cookie (18.32g)

Servings Per Container 25

Amount Per Serving

Calories 50 Calories from Fat 15

% Daily Value*

Total Fat 1.5g **2%**

Saturated Fat 0g **1%**

Trans Fat

Cholesterol 0mg **0%**

Sodium 15mg **1%**

Total Carbohydrate 7g **2%**

Dietary Fiber <1g **3%**

Sugars 3g

Protein 1g **3%**

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 0%

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