



UNIVERSITY OF WYOMING
EXTENSION

NUTRITION & FOOD SAFETY
RECIPE OF THE MONTH
JULY



GOING BANANAS COOKIES

INGREDIENTS

- 1 cup oats (can be quick cook or old-fashion)
- 2 ripe bananas
- ½ cup dried cranberries or raisins
- ½ cup chopped pecans
- Cooking spray oil

DIRECTIONS

1. Preheat the oven to 350 °F.
2. Smash the bananas with a fork until smooth in a large bowl.
3. Mix in the rest of the ingredients.
4. Form into small balls.
5. Spray a cookie sheet with non-stick cooking spray oil and put cookies.
6. Bake for 10 - 15 minutes or until they're starting to brown on the bottoms.
7. Cool a few minutes and then put on a cooling rack. Makes 18 cookies.



Going Bananas Cookies

Nutrition Facts

Serving Size: (0.0g)
Servings Per Container: 18

Amount Per Serving

Calories 60 Calories from Fat 20

% Daily Value*

Total Fat 2.5g **4%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 10g **3%**

Dietary Fiber 2g **8%**

Sugars 5g

Protein 1g

Vitamin A 0% • Vitamin C 2%

Calcium 0% • Iron 2%

* Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on
your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

INGREDIENTS: BANANAS, CEREALS,
QUAKER, QUAKER MULTIGRAIN
OATMEAL, DRY, DRIED
CRANBERRIES/CRAISINS, PECAN PIECES