

BITS and BITES

Banana, Oatmeal, Nut Butter Cookies

Serving Size: 1 Cookie

Ingredients

- 2 large bananas, very ripe
- 1 cup old fashioned oats
- 3 tbsp. peanut butter or nut butter (no added sugar)
- ½ tsp. cinnamon
- 1 tsp. vanilla extract
- 1/8 tsp. salt

Directions

1. Preheat oven to 350 degrees F.
2. Add bananas to food processor & blend until smooth or add bananas to a bowl and mash with a fork until smooth.
3. Add remaining ingredients & blend/mix until well combined & smooth.
4. Scoop 2 tbsp. of batter per cookie onto a cookie sheet.
5. Smooth batter into cookie shape.
6. Bake for 8-10 minutes or until light brown on top.

SOURCE:

This material was funded by USDA's Supplemental Nutrition Assistance Program-SNAP.

This institution is an equal opportunity provider.

These cookies are tasty & nutritious!

Try:

- Using almond or cashew nut butter
- Adding raisins, dates, figs, or dried cranberries to the batter
- Adding chopped walnuts or almonds to the top of the cookies
- Sprinkling cinnamon, nutmeg, or pumpkin spice on top of the cookies

Oatmeal is a good source of carbohydrates & fiber. Oatmeal is packed with vitamins, minerals, & antioxidants. The antioxidants found in oatmeal may help lower blood pressure! The soluble fiber in oatmeal may help lower cholesterol & stabilize blood sugar.

NC STATE EXTENSION

Steps to Health
Supplemental Nutrition Assistance
Program Education (SNAP-Ed)

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