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Banana Oatmeal Cookies

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Prep Time	Cook Time	Total Time	Servings
20 minutes	20 – 30 minutes	50 minutes	19 cookies

Ingredients

- 1 ½ cups mashed bananas
- ½ orange or tangerine, juice only (optional)
- 1 ½ cups oats
- ½ teaspoon salt
- ½ cup chopped walnuts
- ½ cup chopped raisins or dates
- ½ Tablespoon vanilla extract

Instructions

1. Mash the bananas and mix with the juice from the orange or tangerine to prevent browning.
2. Mix all the ingredients together in a bowl using a spoon. Allow the batter to sit for 10 minutes.
3. While the dough is resting, pre-heat the oven at 350°F and line a large baking sheet with a silicone baking mat or parchment paper. If you don't have those, grease the pan.
4. Use a small cookie scoop or drop the dough by the spoonful onto the baking sheet. Flatten with a fork.
5. Bake until firm on the top and golden brown on the bottom, 15-30 minutes. When using a silicone mat, it is on the longer side.
6. Transfer to a wire rack to cool.

Nutrition Facts	
19	
Serving size	1 Cookie (33g)
Amount per serving	
Calories	80
	% Daily Value*
Total Fat 2.5g	3
Saturated Fat 0	0
Cholesterol 0	0
Sodium 65	3
Total Carbohydrate	5
13	
Dietary Fiber 2	7
Total Sugars 5	
Incl. 0 Added Sugars	0
Protein 2	
Vitamin D 0	0
Calcium 9	0
Iron 1	6
Potassium 135	2
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet, 2,000 calories a day is used for general nutrition advice.	

Bonus Tips

Storage: store leftovers in an airtight container in the refrigerator and consume in 7 days.