

Banana Oatmeal Cookies

A healthy way to start your day, these cookies bring whole grains, protein, and fiber to you for a quick on the go breakfast or after school snack.

Makes: 7 servings
 Serving size: 2 Cookies
 Prep Time: 10 minutes
 Cook Time: 15 minutes

Source: <https://www.mainesnap-ed.org/recipes/banana-oatmeal-cookies/>



Small Changes,
 BIG Difference!

Ingredients

- 2 very ripe bananas
- 1 cup quick oats
- 1/2 teaspoon cinnamon
- 1/2 teaspoon vanilla
- 1/2 cup raisins

Directions

1. Preheat the oven to 350 degrees.
2. In a medium bowl, mash bananas with a fork until mostly smooth.
3. Add oats, cinnamon, vanilla, and raisins. Mix well.
4. Drop rounded teaspoonfuls of dough onto a lightly sprayed or oiled baking sheet. Flatten with the back of a spoon or the bottom of a drinking glass.
5. Bake 10 to 15 minutes. Remove from oven and let cool before serving.
6. Store in an airtight container.

Utensils Needed

- Baking Sheet
- Medium Bowl
- Measuring Cups
- Measuring Spoons
- Fork, Spoon, and Spatula



Nutrition Information	
Serving Size: 2 Cookies	
Nutrients	Amount
Calories:	100
Total Fat:	1 g
Saturated Fat:	0 g
Cholesterol:	0 mg
Sodium:	0 mg
Total Carbohydrates:	21 g
Dietary Fiber:	3 g
Total Sugars:	9 g
Added Sugars:	9 g
Protein	2 g
Vitamin D	0 %
Calcium	2 %
Iron	6 %
Vitamin C	4 %

SHOPPING LIST

Average total cost: \$ 6.68

Average cost/serving: \$.95

Makes: 7 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients

My Cooking Notes



Add 2 to Cart
Fresh Bananas



Add 1 to Cart
Quick Oats, 18 oz



Add 1 to Cart
Ground Cinnamon 2.5 oz



Add 1 to Cart
Imitation Vanilla Flavor 8 fl. oz



Add 1 to Cart
Raisins, 6 Pack of 10 oz boxes