



## All-Natural Oatmeal Banana Cookies

 Gluten Free

READY IN



25 min.

SERVINGS



30

CALORIES



65 kcal

DESSERT

### Ingredients

- ☐ 3 bananas pureed ripe mashed well
- ☐ 0.5 c chocolate chips
- ☐ 2 c quick-cooking oats – important to use cooking. old fashioned probably tastes too “oat-y”  
uncooked quick
- ☐ 0.3 c butter salted (I used )
- ☐ 0.3 c skim milk – I omitted this completely because my batter was plenty moist
- ☐ 1 t vanilla extract

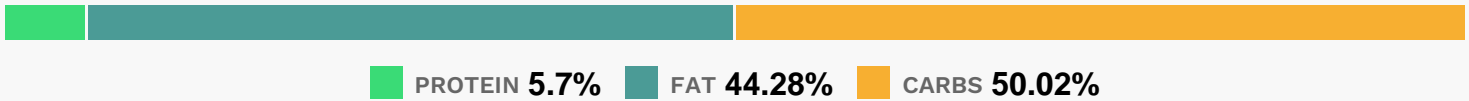
### Equipment

- ☐ baking sheet
- ☐ oven
- ☐ mixing bowl
- ☐ aluminum foil
- ☐ microwave

## Directions

- ☐ Preheat oven to 350 degrees.Melt butter or margarine in a microwave–safe mixing bowl.
- ☐ Add all remaining ingredients, but watch the milk because you may not need all of it.
- ☐ Let stand for about 5 minutes, until oats are wet.Lightly grease a cookie sheet or line with nonstick foil.For each cookie, spoon out about 1 T. of dough and drop it onto the greased cookie sheet.
- ☐ Bake the cookies for 15 to 20 minutes.
- ☐ Let cool on the cookie sheet for about 1 minute.Move the cookies to wire racks or a towel to cool.Serving Size: 2 cookies

## Nutrition Facts



## Properties

Glycemic Index:6.77, Glycemic Load:3.4, Inflammation Score:-1, Nutrition Score:2.043478253095%

## Flavonoids

Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 64.74kcal (3.24%), Fat: 3.31g (5.1%), Saturated Fat: 1.91g (11.92%), Carbohydrates: 8.42g (2.81%), Net Carbohydrates: 7.61g (2.77%), Sugar: 3.35g (3.73%), Cholesterol: 5.48mg (1.83%), Sodium: 17.35mg (0.75%), Alcohol: 0.05g (100%), Alcohol %: 0.25% (100%), Protein: 0.96g (1.92%), Manganese: 0.26mg (13.23%), Magnesium: 18.09mg (4.52%), Fiber: 0.81g (3.26%), Phosphorus: 30.15mg (3.02%), Selenium: 2.02µg (2.89%), Vitamin B6: 0.05mg (2.5%), Vitamin B1: 0.03mg (2.28%), Potassium: 74.39mg (2.13%), Iron: 0.28mg (1.57%), Vitamin A: 74.75IU (1.49%), Copper: 0.03mg (1.47%), Zinc: 0.2mg (1.35%), Vitamin C: 1.03mg (1.24%), Vitamin B2: 0.02mg (1.1%), Folate: 4.21µg (1.05%)