



Banana Chocolate Chip Cookies

 Dairy Free

READY IN



20 min.

SERVINGS



24

CALORIES



132 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 1 cup overripe bananas mashed
- ☐ 1 large eggs
- ☐ 2 cups flour all-purpose
- ☐ 2 teaspoons ground cinnamon
- ☐ 0.3 teaspoon salt
- ☐ 1 cup semi chocolate chips

- ☐ 1 tablespoon vanilla extract
- ☐ 0.5 cup vegetable oil
- ☐ 1 cup sugar white

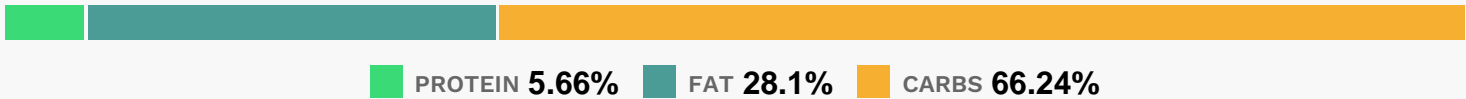
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ ice cream scoop

Directions

- ☐ Preheat oven to 350F and line baking sheets with parchment paper.
- ☐ Whisk together mashed bananas, sugar, vegetable oil, vanilla and egg in a large bowl . In a separate bowl, whisk together together flour, baking powder, baking soda, ground cinnamon, and salt.
- ☐ Add the flour mixture to wet mixture and stir until combined.
- ☐ Stir in the chocolate chips.
- ☐ Using a cookie scooper or small ice cream scoop, scoop large tablespoons full of dough and drop onto cookie sheet, about 2 inches apart. The cookie batter will be very wet and sticky. You won't be able to handle it with your hands.
- ☐ Bake for approximately 10 minutes or until lightly brown and firm.
- ☐ Let cookies finish cooling on wire rack before eating.

Nutrition Facts



Properties

Glycemic Index:12.37, Glycemic Load:12.35, Inflammation Score:-1, Nutrition Score:3.3630435090998%

Flavonoids

Catechin: 0.38mg, Catechin: 0.38mg, Catechin: 0.38mg, Catechin: 0.38mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg

Nutrients (% of daily need)

Calories: 132.14kcal (6.61%), Fat: 4.13g (6.36%), Saturated Fat: 1.88g (11.75%), Carbohydrates: 21.92g (7.31%), Net Carbohydrates: 20.78g (7.56%), Sugar: 11.94g (13.27%), Cholesterol: 8.2mg (2.73%), Sodium: 109.29mg (4.75%), Alcohol: 0.19g (100%), Alcohol %: 0.58% (100%), Caffeine: 6.45mg (2.15%), Protein: 1.87g (3.75%), Manganese: 0.22mg (10.93%), Selenium: 4.92µg (7.03%), Iron: 1.07mg (5.92%), Copper: 0.12mg (5.83%), Vitamin B1: 0.09mg (5.8%), Folate: 21.3µg (5.33%), Fiber: 1.13g (4.53%), Magnesium: 17.68mg (4.42%), Phosphorus: 43.69mg (4.37%), Vitamin B2: 0.07mg (4.2%), Vitamin B3: 0.73mg (3.63%), Calcium: 29.11mg (2.91%), Potassium: 80.68mg (2.31%), Vitamin K: 2.33µg (2.22%), Zinc: 0.31mg (2.08%), Vitamin B6: 0.03mg (1.7%), Vitamin B5: 0.12mg (1.22%), Vitamin E: 0.16mg (1.05%)