



Banana-Maple Oatmeal Cookies

 Vegetarian  Vegan  Dairy Free

READY IN



27 min.

SERVINGS



18

CALORIES



76 kcal

DESSERT

Ingredients

- 0.5 teaspoon double-acting baking powder
- 0.5 teaspoon baking soda
- 1 banana mashed
- 1 teaspoon ground flaxseed
- 1 teaspoon cinnamon
- 0.5 teaspoon juice of lemon
- 0.5 cup maple syrup
- 0.3 cup raisins

- 1 cup oats quick
- 0.5 teaspoon salt
- 0.5 teaspoon vanilla
- 2 tablespoons water
- 1 cup flour whole wheat white

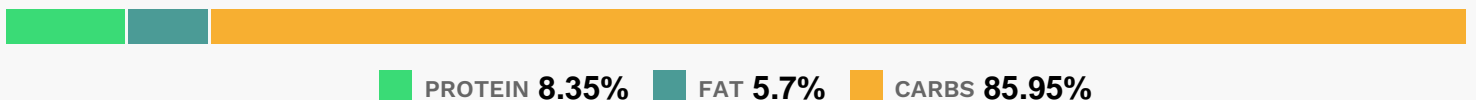
Equipment

- baking sheet
- baking paper
- oven
- mixing bowl
- wire rack

Directions

- Mix the oats, flour, baking soda, baking powder, salt, and cinnamon in a medium mixing bowl.
- Add the raisins.
- Add the maple syrup, vanilla, mashed banana, and lemon juice to the chia/flax/egg replacer mixture and combine well.
- Pour into the dry mixture and stir well but don't overmix. Drop by heaping tablespoons onto a baking sheet lined with a silicon mat or parchment paper. Flatten each cookie slightly with a fork.
- Bake for 8–12 minutes or until bottoms and sides are lightly brown. Cool for a few minutes on a wire rack before serving.

Nutrition Facts



Properties

Glycemic Index:19.12, Glycemic Load:5.53, Inflammation Score:-1, Nutrition Score:2.7413043541753%

Flavonoids

Catechin: 0.4mg, Catechin: 0.4mg, Catechin: 0.4mg, Catechin: 0.4mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg

Nutrients (% of daily need)

Calories: 76.13kcal (3.81%), Fat: 0.5g (0.77%), Saturated Fat: 0.07g (0.41%), Carbohydrates: 17.02g (5.67%), Net Carbohydrates: 15.53g (5.65%), Sugar: 6.24g (6.94%), Cholesterol: 0mg (0%), Sodium: 108.48mg (4.72%), Alcohol: 0.04g (100%), Alcohol %: 0.16% (100%), Protein: 1.65g (3.31%), Manganese: 0.45mg (22.26%), Vitamin B2: 0.13mg (7.52%), Fiber: 1.49g (5.95%), Magnesium: 16.99mg (4.25%), Phosphorus: 26.82mg (2.68%), Iron: 0.47mg (2.63%), Calcium: 25.24mg (2.52%), Potassium: 85.39mg (2.44%), Vitamin B1: 0.04mg (2.43%), Selenium: 1.64µg (2.35%), Vitamin B6: 0.03mg (1.66%), Zinc: 0.23mg (1.52%), Copper: 0.03mg (1.5%)