



Banana-Oatmeal-Chocolate Chip Cookies



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



148 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 0.5 banana ripe cut into small pieces
- ☐ 0.3 cup canola oil
- ☐ 1 cup oat flour
- ☐ 0.8 cup old-fashioned rolled oats
- ☐ 0.5 cup sugar raw
- ☐ 0.5 teaspoon salt

- ☐ 0.3 cup soy milk plain
- ☐ 0.5 teaspoon vanilla extract
- ☐ 0.3 cup semisweet vegan chocolate chips such as Tropical Source
- ☐ 0.3 cup walnuts chopped

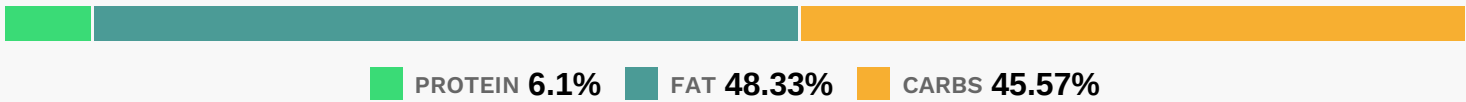
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ wire rack

Directions

- ☐ Preheat oven to 35
- ☐ Combine first 6 ingredients (through sugar) in a bowl.
- ☐ Whisk together oil, soy milk, and vanilla in a separate bowl.
- ☐ Add wet mixture to dry ingredients; stir to combine. Fold in banana, walnuts, and chocolate chips.
- ☐ Line a baking sheet with parchment paper. Scoop dough onto pan with a small ice-cream scoop.
- ☐ Bake 25 minutes or until golden brown, turning baking sheet halfway through.
- ☐ Let cool on a wire rack.

Nutrition Facts



Properties

Glycemic Index:15.01, Glycemic Load:1.39, Inflammation Score:-1, Nutrition Score:3.9860869905223%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg

Nutrients (% of daily need)

Calories: 147.63kcal (7.38%), Fat: 8.16g (12.55%), Saturated Fat: 1.39g (8.67%), Carbohydrates: 17.31g (5.77%), Net Carbohydrates: 15.95g (5.8%), Sugar: 8.69g (9.66%), Cholesterol: 0mg (0%), Sodium: 113.1mg (4.92%), Alcohol: 0.04g (100%), Alcohol %: 0.15% (100%), Protein: 2.32g (4.63%), Manganese: 0.52mg (25.76%), Vitamin E: 1.03mg (6.84%), Phosphorus: 59.43mg (5.94%), Selenium: 3.89µg (5.56%), Fiber: 1.36g (5.45%), Vitamin B1: 0.08mg (5.32%), Magnesium: 20.1mg (5.03%), Iron: 0.86mg (4.76%), Copper: 0.09mg (4.32%), Vitamin K: 3.71µg (3.53%), Zinc: 0.45mg (3.03%), Calcium: 27.99mg (2.8%), Vitamin B6: 0.05mg (2.4%), Potassium: 71.82mg (2.05%), Folate: 7.72µg (1.93%), Vitamin B3: 0.36mg (1.8%), Vitamin B2: 0.03mg (1.8%)