

Banana Treats

 Dairy Free

READY IN



45 min.

SERVINGS



36

CALORIES



100 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 0.3 cup banana ripe mashed
- ☐ 1 eggs
- ☐ 2.3 cups flour all-purpose
- ☐ 1.5 cups cereal low-fat (without raisins)
- ☐ 0.1 teaspoon ground nutmeg
- ☐ 0.5 cup butter softened
- ☐ 1 cup sugar

☐ 1 teaspoon vanilla extract

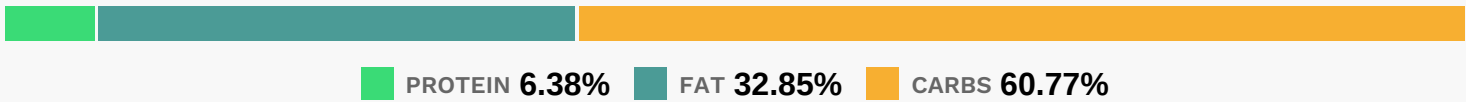
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ blender

Directions

- ☐ Cream sugar and margarine at medium speed of a mixer until fluffy (about 3 minutes).
- ☐ Add banana, vanilla, and egg; beat well.
- ☐ Combine flour, baking soda, and nutmeg; stir.
- ☐ Add to creamed mixture, beating well. Stir in granola.
- ☐ Drop the dough by level tablespoons onto baking sheets coated with cooking spray.
- ☐ Bake at 325 for 12 minutes or until lightly browned; let cool on pans 1 minute.
- ☐ Remove from pans, and let cool completely on wire racks.

Nutrition Facts



Properties

Glycemic Index:7.5, Glycemic Load:8.35, Inflammation Score:-2, Nutrition Score:2.263913023731%

Flavonoids

Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg

Nutrients (% of daily need)

Calories: 99.57kcal (4.98%), Fat: 3.67g (5.65%), Saturated Fat: 0.69g (4.33%), Carbohydrates: 15.28g (5.09%), Net Carbohydrates: 14.77g (5.37%), Sugar: 6.79g (7.55%), Cholesterol: 4.55mg (1.52%), Sodium: 63.78mg (2.77%), Alcohol: 0.04g (100%), Alcohol %: 0.2% (100%), Protein: 1.6g (3.21%), Manganese: 0.19mg (9.71%), Selenium: 3.95µg (5.64%), Vitamin B1: 0.08mg (5.22%), Folate: 16.91µg (4.23%), Iron: 0.61mg (3.4%), Vitamin B2: 0.06mg (3.33%), Phosphorus: 26.85mg (2.69%), Vitamin B3: 0.52mg (2.6%), Vitamin A: 120.27IU (2.41%), Vitamin E: 0.31mg (2.08%), Fiber: 0.51g (2.05%), Magnesium: 6.99mg (1.75%), Copper: 0.03mg (1.42%), Zinc: 0.17mg (1.17%), Potassium: 36.37mg (1.04%)