



## Chocolate Chip Peanut Butter Banana Cookies

READY IN



45 min.

SERVINGS



24

CALORIES



185 kcal

DESSERT

### Ingredients

- 0.5 teaspoon double-acting baking powder
- 0.5 teaspoon baking soda
- 2 banana ripe
- 0.5 cup brown sugar
- 0.5 cup brown sugar
- 1 Tbs butter soft
- 1 cup chocolate chips mini
- 0.5 teaspoon cinnamon
- 0.5 cup creamy peanut butter

- 1 eggs
- 1.3 cup flour all-purpose
- 1.3 cup granulated sugar
- 0.5 teaspoon salt
- 1 teaspoon vanilla

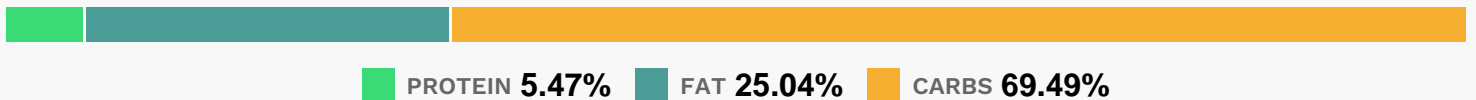
## Equipment

- bowl
- baking sheet
- oven
- whisk

## Directions

- Preheat oven to 350 degrees. In a large bowl, mash 2 ripened bananas.
- Add butter, peanut butter, both sugars, egg, vanilla and stir. In a separate bowl, whisk together flour, baking powder, baking soda, cinnamon and salt.
- Add dry ingredients to banana mixture and stir until combined (do not stir this to death!)
- Add mini chocolate chips and briefly stir. Drop by large spoonful onto parchment lined baking sheet. In a small bowl, pour 1/4 cup of sugar and 1/2 tsp of cinnamon and stir.
- Sprinkle over unbaked cookies.
- Bake for 10-12 minutes or until slightly golden brown. My oven is hot, and only needs 10 minutes.

## Nutrition Facts



## Properties

Glycemic Index:15.04, Glycemic Load:12.11, Inflammation Score:-1, Nutrition Score:2.8621739130435%

## Flavonoids

Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Taste

Sweetness: 100%, Saltiness: 3.42%, Sourness: 3.9%, Bitterness: 3.35%, Savoriness: 3.01%, Fattiness: 27.47%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 184.62kcal (9.23%), Fat: 5.28g (8.13%), Saturated Fat: 2.01g (12.57%), Carbohydrates: 33g (11%), Net Carbohydrates: 32.08g (11.67%), Sugar: 25.79g (28.65%), Cholesterol: 9.22mg (3.07%), Sodium: 117.57mg (5.11%), Protein: 2.6g (5.19%), Manganese: 0.16mg (8.22%), Vitamin B3: 1.18mg (5.89%), Folate: 19.48µg (4.87%), Selenium: 3.27µg (4.67%), Vitamin B1: 0.06mg (4.16%), Fiber: 0.91g (3.66%), Vitamin E: 0.54mg (3.58%), Magnesium: 14.3mg (3.57%), Vitamin B2: 0.06mg (3.55%), Iron: 0.63mg (3.49%), Vitamin B6: 0.07mg (3.49%), Phosphorus: 33.42mg (3.34%), Calcium: 27.05mg (2.7%), Potassium: 88.01mg (2.51%), Copper: 0.05mg (2.31%), Vitamin B5: 0.16mg (1.59%), Zinc: 0.23mg (1.51%), Vitamin C: 0.9mg (1.09%)