



Four Ingredient Banana S'mores Cookies



Dairy Free



Popular

READY IN



45 min.

SERVINGS



8

CALORIES



112 kcal

DESSERT

Ingredients

- ☐ 0.3 cup marshmallow bits
- ☐ 1 medium banana very ripe
- ☐ 0.3 cup chocolate chips mini
- ☐ 0.8 cup ground honey graham crackers finely

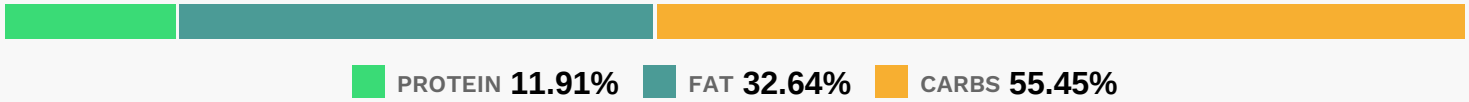
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ mixing bowl

Directions

- ☐ Preheat oven to 350 degrees F. and line a baking sheet with a silpat liner
- ☐ Place banana into a mixing bowl and mash with a fork.
- ☐ Add finely ground graham crackers, chips and marshmallow bits, stirring to combine. With a cookie scoop, scoop dough onto prepared baking sheet. Press each cookie flat.
- ☐ Bake for 13–15 minutes until baked through.
- ☐ Let cool on baking sheet for 10 minutes before transferring.

Nutrition Facts



Properties

Glycemic Index:16.1, Glycemic Load:6.18, Inflammation Score:-1, Nutrition Score:2.3286956707421%

Flavonoids

Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 112.33kcal (5.62%), Fat: 4.12g (6.34%), Saturated Fat: 1.26g (7.89%), Carbohydrates: 15.75g (5.25%), Net Carbohydrates: 14.18g (5.16%), Sugar: 7.26g (8.06%), Cholesterol: 0.84mg (0.28%), Sodium: 190.44mg (8.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.39g (6.77%), Fiber: 1.58g (6.31%), Vitamin B1: 0.07mg (4.54%), Folate: 16.22µg (4.06%), Magnesium: 15.98mg (4%), Phosphorus: 36.33mg (3.63%), Vitamin E: 0.52mg (3.5%), Vitamin B6: 0.07mg (3.42%), Iron: 0.51mg (2.83%), Copper: 0.05mg (2.69%), Vitamin B3: 0.54mg (2.68%), Potassium: 78.46mg (2.24%), Zinc: 0.32mg (2.16%), Calcium: 21.4mg (2.14%), Vitamin B2: 0.04mg (2.13%), Manganese: 0.04mg (1.99%), Vitamin C: 1.46mg (1.77%), Vitamin B12: 0.09µg (1.48%)