



Healthy Banana Cookies



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



70 min.

SERVINGS



36

CALORIES



56 kcal

Ingredients

- ☐ 3 bananas ripe
- ☐ 1 cup dates pitted chopped
- ☐ 2 cups rolled oats
- ☐ 1 teaspoon vanilla extract
- ☐ 0.3 cup vegetable oil

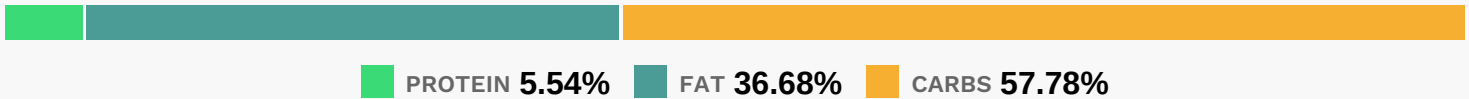
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ In a large bowl, mash the bananas. Stir in oats, dates, oil, and vanilla.
- ☐ Mix well, and allow to sit for 15 minutes. Drop by teaspoonfuls onto an ungreased cookie sheet.
- ☐ Bake for 20 minutes in the preheated oven, or until lightly brown.

Nutrition Facts



Properties

Glycemic Index:4.08, Glycemic Load:3.55, Inflammation Score:-1, Nutrition Score:1.859565226928%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg 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: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 55.5kcal (2.78%), Fat: 2.36g (3.63%), Saturated Fat: 0.37g (2.31%), Carbohydrates: 8.37g (2.79%), Net Carbohydrates: 7.33g (2.67%), Sugar: 3.85g (4.27%), Cholesterol: 0mg (0%), Sodium: 0.46mg (0.02%), Alcohol: 0.04g (100%), Alcohol %: 0.24% (100%), Protein: 0.8g (1.6%), Manganese: 0.2mg (10.05%), Fiber: 1.04g (4.15%), Vitamin K: 3.96µg (3.77%), Magnesium: 10.64mg (2.66%), Vitamin B6: 0.05mg (2.37%), Phosphorus: 23.17mg (2.32%), Potassium: 78.46mg (2.24%), Selenium: 1.52µg (2.18%), Vitamin B1: 0.03mg (1.73%), Copper: 0.03mg (1.69%), Iron: 0.26mg (1.44%), Vitamin E: 0.2mg (1.31%), Zinc: 0.19mg (1.27%), Vitamin B5: 0.11mg (1.07%), Vitamin C: 0.87mg (1.06%), Folate: 4.18µg (1.05%)