



Lower-Fat Peanut Butter Banana Cookies

 Dairy Free

READY IN



25 min.

SERVINGS



20

CALORIES



120 kcal

DESSERT

Ingredients

- 1 teaspoon double-acting baking powder
- 0.8 cup bananas mashed
- 0.3 cup brown sugar
- 0.3 cup chocolate chips
- 0.5 cup peanut butter
- 1 pinch salt
- 0.5 cup sugar
- 1 cup unbleached flour

0.5 cup pastry flour whole wheat

Equipment

- bowl
- baking sheet
- baking paper
- oven

Directions

- Line 2 baking sheets with parchment paper or a silicon baking mat. Cream together the peanut butter and sugars.
- Add the mashed banana and mix until creamy. In a separate bowl, combine the flours, baking powder, and salt.
- Add the flour mixture to the peanut butter a little at a time until totally absorbed.
- Add the chocolate chips, if desired, and mix until well-blended, but do not over-mix. Drop by rounded tablespoons onto prepared pans, about 2 inches apart. Flatten with a fork dipped in water. (These cookies will not spread as they cook, so the shape they're in when they come out of the oven will be about the same as when they went in.)
- Bake for about 10 minutes, until bottoms are golden brown.
- Remove and let cool before serving. Makes 20 cookies.

Nutrition Facts



PROTEIN 8.6% **FAT 29.92%** **CARBS 61.48%**

Properties

Glycemic Index:14.89, Glycemic Load:7.57, Inflammation Score:-1, Nutrition Score:3.0008695692472%

Flavonoids

Catechin: 0.51mg, Catechin: 0.51mg, Catechin: 0.51mg, Catechin: 0.51mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 119.83kcal (5.99%), Fat: 4.16g (6.4%), Saturated Fat: 1.09g (6.82%), Carbohydrates: 19.23g (6.41%), Net Carbohydrates: 18.23g (6.63%), Sugar: 10.68g (11.87%), Cholesterol: 0mg (0%), Sodium: 51.9mg (2.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.69g (5.38%), Manganese: 0.29mg (14.54%), Selenium: 4.75µg (6.78%), Vitamin B3: 1.13mg (5.64%), Magnesium: 19.15mg (4.79%), Phosphorus: 44.99mg (4.5%), Vitamin E: 0.64mg (4.28%), Fiber: 1g (4%), Vitamin B6: 0.08mg (3.76%), Copper: 0.06mg (2.95%), Potassium: 93.95mg (2.68%), Folate: 10.64µg (2.66%), Calcium: 21.23mg (2.12%), Vitamin B1: 0.03mg (2.11%), Zinc: 0.31mg (2.06%), Iron: 0.34mg (1.9%), Vitamin B2: 0.03mg (1.65%), Vitamin B5: 0.15mg (1.46%)