



Vegan Cranberry Banana Cookies



Vegetarian



Vegan



Dairy Free

READY IN



25 min.

SERVINGS



15

CALORIES



93 kcal

Ingredients

- ☐ 0.5 cup all purpose flour
- ☐ 0.5 cup apple juice unsweetened ()
- ☐ 1 teaspoon baking soda
- ☐ 0.5 cup ripen bananas mashed
- ☐ 0.3 cup butter/margarine (I used peanut butter instead)
- ☐ 0.5 cup cranberries dried finely chopped
- ☐ 1 tablespoon flaxseed meal
- ☐ 1 cup rolled oats quick (cooking)
- ☐ 0.5 teaspoon vanilla extract

☐ 3 tablespoons water

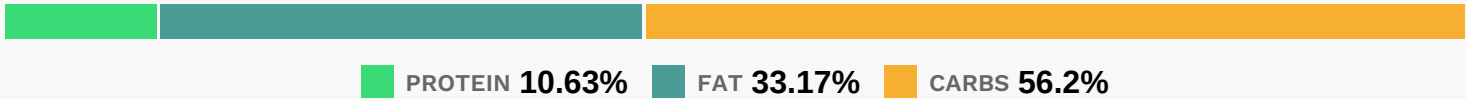
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ blender

Directions

- ☐ Preheat oven to 350F/180C for 15 minutes. Grease baking sheets lightly with non stick cooking spray or shortening.In a blender whip together the flaxseed meal and water; until it's frothy. Keep it aside.In a bowl stir together cranberries (if using) and flour, so that the cranberries don't stick together and form lumps.To this add the mashed banana, peanut butter, apple juice, flaxseed mixture and vanilla; mix until smooth.Stir in rolled oats and baking soda; blend well.Drop by spoonfuls (approximately about 2 tablespoons per cookies); flatten with a fork.
- ☐ Bake for 10 minutes.

Nutrition Facts



Properties

Glycemic Index:17.1, Glycemic Load:4.62, Inflammation Score:-1, Nutrition Score:3.4278261366746%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg Epicatechin: 0.39mg, Epicatechin: 0.39mg, Epicatechin: 0.39mg, Epicatechin: 0.39mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 93.45kcal (4.67%), Fat: 3.59g (5.53%), Saturated Fat: 0.67g (4.21%), Carbohydrates: 13.69g (4.56%), Net Carbohydrates: 12.27g (4.46%), Sugar: 5.03g (5.59%), Cholesterol: 0mg (0%), Sodium: 98.85mg (4.3%), Alcohol: 0.05g (100%), Alcohol %: 0.16% (100%), Protein: 2.59g (5.18%), Manganese: 0.35mg (17.54%), Vitamin B3: 1.15mg

(5.73%), Fiber: 1.42g (5.69%), Magnesium: 21.87mg (5.47%), Vitamin B1: 0.08mg (5.13%), Phosphorus: 51.1mg (5.11%), Selenium: 3.41µg (4.87%), Vitamin E: 0.64mg (4.26%), Folate: 15.69µg (3.92%), Iron: 0.59mg (3.27%), Copper: 0.06mg (3.25%), Vitamin B6: 0.06mg (2.82%), Vitamin B2: 0.05mg (2.76%), Zinc: 0.41mg (2.7%), Potassium: 88.58mg (2.53%), Vitamin B5: 0.17mg (1.74%)