



Watching What I Eat: Peanut Butter Banana Oat Breakfast Cookies with Carob / Chocolate Chips



Gluten Free



Dairy Free



Popular

READY IN



45 min.

SERVINGS



16

CALORIES



119 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2 banana ripe mashed
- 1 tsp butter flavor shortening
- 0.3 cup chocolate chips (**optional)
- 0.3 cup creamy peanut butter
- 0.3 cup nuts chopped your favorite (peanut, walnut, or)
- 1.5 cups oatmeal uncooked quick (or use old fashioned oats f oatmeal texture)

- 1.5 cups oatmeal uncooked quick (or use old fashioned oats f oatmeal texture)
- 0.7 cup apple sauce unsweetened
- 1 tsp vanilla extract
- 1 scoop vanilla protein powder (can be made without, cookie will just be lower in protein)

Equipment

- bowl
- baking sheet
- baking paper
- oven
- knife
- wire rack
- tongs
- pizza cutter

Directions

- Preheat heat oven to 350 degrees. In a large bowl, mix mashed banana & peanut butter until completely combined then add in the applesauce, vanilla protein powder & the extract(s) ~ mix again until all are completely combined.
- Add in the oatmeal & nuts to the banana mixture & combine. (** add the optional carob / chocolate chips at this time if you want them mixed throughout)
- Let dough rest for 10 minutes. Drop cookie dough, by spoonfuls, onto a parchment paper lined cookie sheet & flatten cookies into circles. (** if you just want the carob / chocolate chips on the top of the cookies, add now)
- Bake cookies approx. 20-30 minutes (some like their cookies less cooked, some cooked more - try it both ways to find which works best for your tastes) or until golden brown & done.
- Remove from oven & let rest on cookie sheet for 5 minutes, then move to cooling rack. (if you want the traditional fork tong marks on the cookies, use a pizza cutter or sharp knife to score the tops of the cookies while they're still warm) When cookies are completely cool, store in a covered container. Enjoy!...or with a cuppa tea.

Nutrition Facts

PROTEIN 13.65% FAT 41.53% CARBS 44.82%

Properties

Glycemic Index:13.72, Glycemic Load:4.6, Inflammation Score:0, Nutrition Score:4.0652173913043%

Flavonoids

Catechin: 0.97mg, Catechin: 0.97mg, Catechin: 0.97mg, Catechin: 0.97mg Epicatechin: 0.55mg, Epicatechin: 0.55mg, Epicatechin: 0.55mg, Epicatechin: 0.55mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 118.72kcal (5.94%), Fat: 5.71g (8.79%), Saturated Fat: 1.38g (8.64%), Carbohydrates: 13.87g (4.62%), Net Carbohydrates: 12.1g (4.4%), Sugar: 5.32g (5.92%), Cholesterol: 4.27mg (1.42%), Sodium: 32.19mg (1.4%), Protein: 4.22g (8.45%), Manganese: 0.42mg (20.96%), Magnesium: 31.05mg (7.76%), Fiber: 1.78g (7.1%), Phosphorus: 70.27mg (7.03%), Vitamin B3: 1.03mg (5.13%), Copper: 0.1mg (4.91%), Zinc: 0.69mg (4.57%), Vitamin B6: 0.09mg (4.48%), Potassium: 142.78mg (4.08%), Selenium: 2.76µg (3.94%), Vitamin E: 0.57mg (3.83%), Iron: 0.67mg (3.7%), Vitamin B1: 0.05mg (3.5%), Folate: 11.63µg (2.91%), Vitamin B5: 0.28mg (2.76%), Calcium: 22.2mg (2.22%), Vitamin B2: 0.04mg (2.11%), Vitamin C: 1.41mg (1.71%)