

3-ingredient Healthy Banana Oatmeal Cookies

Serves: 12 (Serving = 1 cookie)

Ingredients

- 2 very ripe bananas
- 1 cup oatmeal, uncooked
- 1/4 cup semi-sweet chocolate chips

Directions

1. Preheat the oven to 400 F and line a baking sheet with parchment paper.
2. In a shallow dish, mash the bananas with a fork. Add the oatmeal, chocolate chips and mix well.
3. Take spoonfuls of the mixture and using your clean hands, shape into cookies. They won't change their shape while baking.
4. Place them on the prepared baking sheet and bake for 12-15 minutes, or until golden.
5. Serve them warm or completely cool for a crispier texture.

Notes

- Allow the cookies to cool completely on the sheet pan before removing them.
- Use gluten-free oats if you have any gluten allergies.
- For a kick-in flavor, consider adding 1 teaspoon of cinnamon. Mix in with the oats first before adding them over the mashed bananas.
- For a vegan-friendly option, use dairy-free chocolate chips.
- Addons: other ingredients you can add to these are shredded coconut, chia seeds, and nuts.
- Store cookies in an airtight container on the kitchen counter for 2 days. You can store them in the fridge for up to 7 days.
- Reheat a cookie in the microwave for 10-15 seconds in you like them served warm.

Nutrition (per serving)

Calories	65	Total Carbohydrate	11 g
Fat	2 g	Fiber	1 g
Saturated Fat	1 g	Cholesterol	1 mg
Polyunsaturated Fat	1 g	Potassium	116 mg
Monounsaturated Fat	1 g	Sugar	4 g
Trans Fat	1 g	Protein	1 g
Sodium	1 mg	Vitamin A	14 IU
Calcium	7 mg	Vitamin C	2 mg



Sensational trail mix

Serves: 25 (Serving = 1 cup)

Ingredients

- 1 box whole grain cereal
- 1 box whole-grain oat Cheerios
- 1 bag (6 oz) dried fruit such as raisins
- 1 cup semi-sweet chocolate chips
- 1 bag (5 oz) nuts, optional

Directions

1. In a large bowl mix all ingredients together, tossing to mix well
2. You can pre-baggie these into individual 1 cup portions or store in an air tight container.

Nutrition (per serving)

Calories	148	Total Carbohydrate	22 g
Total Fat	2 g	Dietary Fiber	6 g
Saturated Fat	0 g	Total Sugars	7 g
Sodium	103 mg	Protein	6 g

Peanut Butter Protein Energy Bites (Vegan, Gluten-Free)

Serves: 12 (Serving = 1 cookie)

Ingredients

- 1 cup oatmeal, uncooked
- 2/3 cup shredded coconut
- 1/2 cup natural peanut butter or nut butter of choice
- 1/2 cup ground flax seed (flax meal)
- 1/2 cup semi-sweet chocolate chips
- 1/3 cup maple syrup or honey
- 1 Tbsp chia seeds
- 1 tsp vanilla

Directions

1. Combine all ingredients in a food processor.
2. Blend until the oats are chopped and a dough is formed. Usually about 30 seconds.
3. Scoop out 2 Tbsp. of the mixture and form into a ball. Set on a cookie sheet lined with parchment paper.
4. Chill in the fridge for about 30 minutes or until ready to eat. Can be kept in the fridge up to a week.

Nutrition (per serving)

Calories	216	Cholesterol	0 mg
Total Fat	10.9 g	Dietary Fiber	4.5 g
Sodium	49 mg	Total Sugars	11.2 g
Total Carbohydrate	20.8 g	Protein	4.6 g



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