

Legacy Health

Banana Oatmeal Cookies

Recipe yields 24 cookies (1 oz each)

Ingredients:

2 ½ cup	Oatmeal (dry)	2 ¼ cup	Banana (fresh, mashed)
½ tsp	Salt	½ cup	Chocolate Chips (semi-sweet)
2 tsp	Cinnamon (ground)	1 ½ tsp	Pure Almond Extract
¼ cup	Canola Oil	1 ½ cup	Almonds (roasted, diced)

Directions:

1. Preheat oven to 325 degrees.
2. In a large bowl combine oats, salt and cinnamon. Coat with oil and set aside.
3. Mash the bananas and mix in the chocolate chips.
4. Add the reserved oat mixture and the almond extract and diced almonds.
5. Portion 1 oz. balls of the dough onto a parchment paper lined pan and cook in the preheated oven 8-10 minutes.

Calories	Carbs	Protein	Fat	% Cal/Fat	Chol	Sodium	Fiber/Dietary	Calcium
81 kcal	11.2 gm	1.4 gm	4.1 gm	41.9%	0 mg	69 mg	1.3 gm	4mg

Mark Shifflett, Executive Chef, Legacy Meridian Park Medical Center

