

Chewy Banana Nut Oatmeal Cookies

Yield: 20 servings

Ingredients

- 1 cup whole wheat flour
- 1 teaspoon baking powder
- ½ teaspoon baking soda
- ⅓ teaspoon kosher salt
- ½ teaspoon ground cinnamon
- 2 tablespoons extra virgin olive oil
- ¼ cup brown sugar
- ¼ cup white sugar
- 1 egg
- ½ cup banana, ripe, mashed
- ½ teaspoon vanilla extract
- 2 cups old fashioned oats
- ¾ cup chopped walnuts

1. Heat oven to 350 degrees and line a baking sheet pan with parchment paper.
2. In a medium bowl, whisk together flour, baking powder, baking soda, salt, and cinnamon. Set aside.
3. In a large mixing bowl, combine the oil, brown sugar, and white sugar on medium speed. Beat in the egg. Add mashed banana and vanilla extract.
4. To avoid over mixing, fold in the flour mixture and oats until just incorporated. Fold in the chopped walnuts.
5. Drop heaping tablespoonfuls of the dough onto the baking sheet and very slightly flatten.
6. Bake for about 10 to 12 minutes, or until the cookies become light brown at the edges.

Instructions
presented by

Culinary Medicine

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Nutrition Information

Serving Size: 1 cookie

Calories: 115
Total Fat: 5 g
Saturated Fat: 0.6 g
Monounsaturated Fat: 1.7 g
Polyunsaturated Fat: 2.5 g
Sodium: 48 mg
Total Carbohydrate: 15.6 g
Dietary Fiber: 1.9 g
Sugars: 5.0 g
Protein: 2.5 g

Source: Goldring Center for Culinary Medicine



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