



Banana Breakfast Cookies

Servings per recipe: 25 small cookies

Serving size: 1 small cookie

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Ingredients

1 cup banana, mashed (can use overripe banana)

½ cup yogurt, plain, low-fat

¼ cup water

1 cup quick oats

½ cup raisins (optional)

½ cup sunflower seeds (optional)

A sprinkle of cinnamon or other spice (optional)

Tools

1 masher or large fork

1 set of measuring cups

1 set of measuring spoons

1 baking sheet

1 spatula

Directions

Wash hands and make sure utensils and countertops are clean.

1. Assemble ingredients.
2. Mash bananas and add yogurt.
3. Mix together with water.
4. Add oats and optional ingredients if desired.
5. Batter should be thick and easily spoonable.
6. Grease baking sheet. Place a tablespoon of dough on the sheet and thin out to make into a flat disk. Repeat with the remaining dough. Refrigerate any leftovers.
7. Bake at 350–375°F for 20 minutes. Flip and bake on other side for 15 minutes to make the crust crisper. *Serve and enjoy!*



Nutritional Analysis (per serving)

Calories: 49.4 kcal

Fat: 1.9 g

Saturated

Monounsaturated

Carbohydrate: 7.7 g

Fiber: 1 g

Sugar: 3.4 g

Protein: 1.4 g

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