

Oats & Peanut Butter Cookies

Serves 18, 2 cookies per serving



Ingredients

- 1 ripe banana
- ½ stick (4 Tablespoons) unsalted butter
- ⅓ cup granulated sugar
- ½ cup peanut butter
- ⅓ cup light brown sugar, packed
- 1 large egg
- ½ teaspoon vanilla extract
- ½ cup all-purpose flour
- ½ cup whole wheat flour
- ½ teaspoon baking soda
- ⅔ cup rolled oats

Optional Ingredients

- ½ cup raisins (or ⅓ cup chocolate chips)

Nutrition Facts

Serving Size 2 cookies
Servings Per Recipe 18

Amount Per Serving

Calories 140 **Calories from Fat** 60

% Daily Value*

Total Fat 7g **9%**

Saturated Fat 2.5g **13%**

Trans Fat 0g

Cholesterol 15mg **5%**

Sodium 70mg **3%**

Total Carbohydrate 18g **7%**

Dietary Fiber 1g **4%**

Sugars 9g

Protein 3g

Vitamin A 2% • Vitamin C 0%

Calcium 2% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Directions

1. Preheat oven to 375°F.
2. Mash the banana with a fork.
3. Cut butter in half. In a microwave-safe bowl, heat in microwave 10–15 seconds to soften. Be careful not to melt butter.
4. In a large bowl, use a mixing spoon to blend butter, banana, and sugar.
5. Add peanut butter and brown sugar. Continue mixing until completely combined.
6. Add egg and vanilla. Mix until smooth.
7. Add flours and baking soda. Mix until smooth.
8. Stir in rolled oats. If using chocolate chips or raisins, gently stir in now.
9. Scoop dough with a teaspoon. Shape into 1-inch balls. Place dough balls 2 inches apart on an ungreased baking sheet. Flatten dough balls by using a fork to make a criss-cross pattern on the cookies.
10. Bake on middle rack of oven until cookies are lightly browned on bottom, about 8–10 minutes. Remove from oven. Let sit 5 minutes to firm up. Remove from tray.



Chef's Notes

- Cookies may take a little more or less time to brown depending on your oven.
- For a quick snack, crumble cookies on top of ½ cup low-fat plain yogurt