

Breakfast Cookies

Yield: 4 servings

Ingredients

2 bananas, mashed to a soft puree
1 cup old-fashioned oats
 $\frac{1}{2}$ cup peanut butter
8 Deglet Noor dates, pitted and diced
1 teaspoon cinnamon
4 naval oranges, peeled and segmented

Instructions

1. Preheat oven to 375 degrees.
2. Line a baking sheet with parchment paper.
3. In a medium mixing bowl, stir together the banana, oats, peanut butter, dates and cinnamon.
4. Drop the dough by the tablespoonful onto the parchment-lined baking sheet. Then press down slightly on the dough to flatten the cookies.
5. Bake for 10 minutes.
6. Enjoy the cookies with a plate of naval orange segments.

Nutrition Information

Serving Size: $\frac{1}{4}$ recipe

Calories: 295
Total Fat: 12.6 g
Saturated Fat: 2.5 g
Monounsaturated Fat: 6 g
Sodium: 4.5 mg
Total Carbohydrate: 42.8 g
Dietary Fiber: 6 g
Sugars: 18.9 g
Protein: 8.2 g

Source: Lighter.

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