

PB-BANANA-CHOCOLATE BITES

...WARM COOKIES IN 20 MINUTES! SO EASY!

Ingredients

2 ripe bananas
250 mL (1 cup) quick oats
60 mL (1/4 cup) all-natural peanut butter*
(no sugar, no salt added)
30 mL (2 T.) chocolate chips

*can substitute almond butter or cashew butter

Directions

In a large bowl, stir together all ingredients. Plop batter by spoonfuls (makes about 10) onto baking sheet. Bake at 350°F (180°C) for about 20 minutes until golden brown and firm to touch.

Nutrition information (per cookie or 1/10 of recipe):

100 calories

13 g carbohydrate (5 g sugar, 2 g fibre), 3 g protein, 4 g fat



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