

# Healthy Peanut Butter Oatmeal Cookies

## Ingredients:

- 2 ripe bananas, mashed
- 1/3 cup reduced fat peanut butter
- 2/3 cup unsweetened applesauce
- 1 teaspoon vanilla
- 1/2 teaspoon salt
- 1/2 teaspoon cinnamon
- Dash of ground cloves
- Dash of ground nutmeg
- 1 1/2 cup quick or old fashioned oats
- 1/4 cup nuts
- 1/4 cup semi sweet chocolate chips
- 1/4 cup reduced fat unsweetened shredded coconut (optional)

## Directions:

Preheat oven to 350°F. Line a baking sheet with parchment paper and set aside. Mix together the bananas, peanut butter, applesauce, vanilla and spices. Add in the oats, nuts, chocolate chips and coconut; stir until well combined.

Spoon around 2 tablespoon of the cookie mixture onto the baking sheet, leaving an inch or two between each and flatten slightly. Bake for 20-30 minutes and allow to cool slightly.

Makes 18 cookies.

<b>Nutrition Facts</b>	
Serving Size 1 cookie (40g)	
Servings Per Container 18	
<b>Amount Per Serving</b>	
<b>Calories</b> 100	<b>Calories from Fat</b> 45
% Daily Value*	
<b>Total Fat</b> 5g	<b>8%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 90mg	<b>4%</b>
<b>Total Carbohydrate</b> 12g	<b>4%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 5g	
<b>Protein</b> 3g	
Vitamin A 0%	• Vitamin C 2%
Calcium 0%	• Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source: [TheSkinnyFork.com](http://TheSkinnyFork.com)