



RECIPES TO SHARE

Lincoln University Cooperative Extension Human Nutrition and Health Program



Peanut Butter-Banana Cookies


Ingredients

2 Over-ripe bananas
 ½ c peanut butter
 ¼ c butter-softened (or Smart-balance)
 2 T honey
 ¼ c brown sugar
 1/2 tsp cinnamon
 1/2 tsp nutmeg


¼ tsp salt
 1 egg
 1 c flour
 1 c oats
 ½ c chocolate chips, nuts, cranraisins, or raisins
 (your choice)

Serves 4

How-To

1. Wash your hands. 
2. Preheat the oven to 350 degrees.
3. Let the butter or smart-balance margarine soften at room temperature. Allow the egg to warm to room temperature.
4. Mash the bananas. Set-aside.
5. Sift the baking powder, the baking soda, the flour, salt and spices. Blend well in a small bowl.
6. Blend the honey, butter, peanut butter, and sugar until well blended. Stir in the egg and vanilla until well blended.
7. Stir in the bananas.
8. Add the dry mixture into the wet ingredients. Stir until well blended.
9. Stir in the chocolate chips or extras.
10. Spoon by heaping tablespoons (or use a small cookie scoop) on to a sheet pan coated with parchment paper or lightly greased foil.
11. Push the cookies down gently with a fork.
12. Bake at 350 degrees for 7-10 minutes or until lightly brown
13. Remove from the oven. Let them sit for about 5 minutes before moving them to a cooling rack.
14. These freeze well!

Healthy Meal Planning Tip from Lincoln University Cooperative Extension: top a cup of low-fat vanilla yogurt with one cookie!

 **BECAUSE WE CARE.** This symbol indicates a point in the recipe where there is potential for food borne illness. Take care to keep hot food hot, cold food cold, and prevent cross contamination. Wash your hands. Wash all fresh produce.