


Soft and Chewy Avocado, Apple, Banana, and Oatmeal Cookie

DIET & HEALTH: No Added Sugars, Snacks Under 200 Calories

 **Prep time:** 10 minutes

 **Cook time:** 10 minutes

 **Ready in:** 20 minutes



Number of servings: 16

Ingredients:

- 1 cup old-fashioned oats
- 1/2 cup whole wheat flour + 2 Tbsp.
- 1 tsp. ground cinnamon
- 1/2 tsp. baking soda
- 1/4 tsp. salt
- 1/2 ripe, fresh avocado, halved, pitted, and peeled
- 1/2 cup mashed ripe banana (from 1½ medium bananas)
- 1 large egg, beaten
- 1 tsp. vanilla extract
- 2/3 cup finely chopped peeled sweet red apple (such as Gala, Fuji, or Honey Crisp)

ADD TO GROCERY CART



Instructions:

1. Preheat the oven to 350F. Line a baking sheet with parchment paper or a silicone baking sheet and set aside.
2. Place the oats, flour, cinnamon, baking soda, and salt in a large bowl and whisk until well combined.
3. Place the avocado in a medium-size bowl, and mash until smooth. Add the banana, egg, and vanilla and whisk until well combined.
4. Pour the wet mixture into the dry ingredients and stir until just combined. Fold in the chopped apple.
5. Drop dough onto the prepared baking sheet using a spoon, and gently flatten until round and about 1/2-inch thick. Bake until slightly brown and firm around the edges, 10 to 12 minutes. Transfer to a wire rack and cool before serving.

Notes & Tips:

Store cookies in the refrigerator, or place leftovers in a resealable plastic bag and freeze.

Nutrition Facts

16 servings per recipe

Serving Size

1 serving (34g)

Amount Per Serving

Calories

60

% Daily Value*

Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	-
Polyunsaturated Fat 0g	-
Monounsaturated Fat 0.5g	-
Cholesterol 10mg	3%
Sodium 80mg	3%
Total Carbohydrate 10g	4%
Dietary Fiber 2g	7%
Total Sugars 2g	-
Includes 0g Added Sugars	0%
Protein 2g	4%
Vitamin D 0.1mcg	0%
Calcium 10mg	0%
Iron 0.5mg	2%
Potassium 80mg	2%
Vitamin A 10mcg	2%
Vitamin C 1mg	2%
Vitamin E 0.2mg	2%
Vitamin K 1mcg	0%
Thiamin 0.1mg	4%
Riboflavin 0.04mg	4%
Niacin 0.4mg	2%
Vitamin B6 0.1mg	4%
Folate 10mcg DFE	2%
Vitamin B12 0.03mcg	2%
Pantothenic Acid 0.2mg	4%
Phosphorus 30mg	2%
Magnesium 10mg	2%
Zinc 0.2mg	2%
Selenium 4mcg	8%
Copper 0.04mg	4%
Manganese 0.2mg	10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.