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## Oat and Banana Cookies ♦♦

These oat and banana cookies are a delicious and healthy treat. They are made with simple ingredients like oats, bananas, and a touch of sweetness. They are perfect for a quick breakfast or snack on the go.

**Recipe Type:** Vegetarian

**Prep Time:** 15 mins

**Cook Time:** 10 mins

**Total Time:** 25 mins

**Recipe Yield:** 300 grams

**Number of Servings:** 12

**Serving Size:** 25 g

### Ingredients

200 g	Oats
200 g	Bananas
50 g	honey
1 tsp	cinnamon
1 tsp	vanilla extract

# Directions

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## Step 1

### Preheating

Preheat the oven to 350°F (175°C).

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 2

In a large bowl, mash the bananas with a fork.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 3

### Mixing

Add the oats, honey, cinnamon, and vanilla extract to the bowl. Mix well.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 4

### Baking

Drop spoonfuls of the cookie dough onto a baking sheet lined with parchment paper.

**Prep Time:** 0 mins

**Cook Time:** 10 mins

## Step 5

Baking

Bake for 10 minutes or until the cookies are golden brown.

**Prep Time:** 0 mins

**Cook Time:** 10 mins

## Step 6

Cooling

Remove from the oven and let cool on a wire rack before serving.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 120 kcal

**Fat:** 1 g

**Protein: 3 g**

**Carbohydrates: 26 g**

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	3 g	17.65%	17.65%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	26 g	47.27%	52%
Fibers	3 g	7.89%	12%
Sugars	9 g	N/A	N/A
Lactose	0 g	N/A	N/A

### Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	0 g	N/A	N/A

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Saturated Fat	0 g	0%	0%
Fat	1 g	3.57%	4%
Cholesterol	0 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
Vitamin C	4 mg	4.44%	5.33%
Vitamin B6	8 mg	615.38%	615.38%
Vitamin B12	0 mcg	0%	0%
Vitamin E	1 mg	6.67%	6.67%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	0 mg	0%	0%
Calcium	1 mg	0.1%	0.1%
Iron	6 mg	75%	33.33%
Potassium	180 mg	5.29%	6.92%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Zinc	2 mg	18.18%	25%
Selenium	1 mcg	1.82%	1.82%

## Recipe Attributes

### Seasonality

Spring Summer Fall

### Events

Picnic

### Course

Salads Snacks

### Cultural

Chinese New Year Diwali

### Demographics

Allergy Friendly Diabetic Friendly Heart Healthy

### Diet

Mediterranean Diet DASH Diet (Dietary Approaches to Stop Hypertension)  
 Volumetrics Diet Vegetarian Diet Vegan Diet Raw Food Diet  
 Ovo-Vegetarian Diet Lacto-Ovo Vegetarian Diet Low Sodium Diet

### Meal Type

Brunch Snack Supper

### Difficulty Level

Medium

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