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Banana Protein Cookies ^{♦♦}

These delicious banana protein cookies are a healthy and nutritious snack option. They are packed with protein and have a soft and chewy texture. Perfect for a quick breakfast or post-workout snack.

Recipe Type: Vegetarian

Prep Time: 15 mins

Cook Time: 12 mins

Total Time: 27 mins

Recipe Yield: 300 grams

Number of Servings: 12

Serving Size: 25 g

Ingredients

200 g	Bananas
100 g	protein powder
150 g	Oats
50 g	almond butter
30 g	honey

1 tsp	Cinnamon
1 tsp	vanilla extract
1 tsp	baking powder
0.5 tsp	Salt

Directions

Step 1

Preheating

Preheat the oven to 350°F (175°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

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

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Mixing

Add the protein powder, oats, almond butter, honey, cinnamon, vanilla extract, baking powder, and salt to the bowl. Mix well until all ingredients are combined.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Line a baking sheet with parchment paper. Scoop spoonfuls of the cookie dough onto the baking sheet, spacing them about 2 inches apart.

Prep Time: 3 mins

Cook Time: 0 mins

Step 5

Baking

Bake in the preheated oven for 10-12 minutes, or until the cookies are golden brown around the edges.

Prep Time: 0 mins

Cook Time: 10 mins

Step 6

Cooling

Remove from the oven and let the cookies cool on the baking sheet for 5 minutes. Then transfer them to a wire rack to cool completely.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 100 kcal

Fat: 5 g

Protein: 6 g

Carbohydrates: 10 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	6 g	35.29%	35.29%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	10 g	18.18%	20%
Fibers	2 g	5.26%	8%
Sugars	5 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	3 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	5 g	17.86%	20%
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	0 mg	0%	0%
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	100 mg	4.35%	4.35%
Calcium	4 mg	0.4%	0.4%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	6 mg	75%	33.33%
Potassium	200 mg	5.88%	7.69%
Zinc	1 mg	9.09%	12.5%
Selenium	5 mcg	9.09%	9.09%

Recipe Attributes

Events

Christmas

Meal Type

Breakfast

Brunch

Snack

Supper

Nutritional Content

Low Calorie

High Protein

Course

Drinks

Breads

Snacks

Sauces & Dressings

Cultural

Chinese New Year

Cinco de Mayo

Demographics

Kids Friendly

Teen Friendly

Diabetic Friendly

Heart Healthy

Diet

DASH Diet (Dietary Approaches to Stop Hypertension)

MIND Diet (Mediterranean-DASH Diet Intervention for Neurodegenerative Delay)

Paleo Diet

Atkins Diet

Vegetarian Diet

Vegan Diet

Difficulty Level

Medium

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