



## The Kitchen at Second Harvest 3 Ingredient Banana Oatmeal Cookies try at home recipe

*Recipe modified from SkinnyComfort*

flip to learn more!



### Ingredients

- 2 ripe bananas, mashed
- 1 cup old fashioned oats
- 1 tsp ground cinnamon

**Yield: 8 cookies**

**Serving Size: 1 cookie**

### Directions

1. Preheat oven to 350°F.
2. Mash bananas in a medium-sized mixing bowl until smooth.
3. Add the oats and cinnamon to the mashed bananas and mix until well blended.
4. Divide the mixture into 8 portions and scoop cookies onto a lined baking sheet.
5. Bake for 10-12 minutes until cookies are slightly browned.



Find more recipes, free classes,  
and ways to get involved!



[secondharvestkitchen.org](https://secondharvestkitchen.org)



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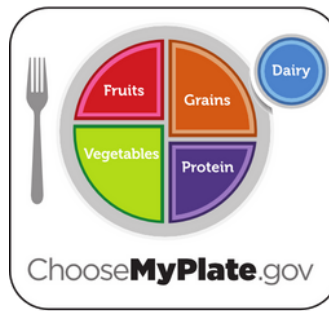


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## Featured Food Groups

The benefits of healthy eating add up over time, bite by bite. Small changes matter. Start Simple with MyPlate.

A healthy eating routine is important at every stage of life. It can have positive effects that add up over time. It's important to eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified alternatives. When deciding what to eat or drink, choose options that are full of nutrients. Make every bite count.



Foods made from wheat, rice, oats, cornmeal, barley, or another cereal grain is a **grain** product. Bread, pasta, breakfast cereals, grits, and tortillas are examples of grain products. Foods such as popcorn, rice, and oatmeal are also included in the Grains Group.



The **Fruit** Group includes all fruits and 100% fruit juice. Fruits may be fresh, frozen, canned, or dried/dehydrated. At least half of the recommended amount of fruit eaten should come from whole fruit, rather than 100% fruit juice.

## Cooking Tips

- These cookies are great for breakfast, dessert, or a healthy snack!
- Add your favorite nuts for extra protein!
- Don't like cinnamon? Try one of these optional mix-ins instead -
  - 1/4 cup chocolate chips
  - 1/4 cup peanut butter
  - 1/4 cup nutella
  - 1/4 cup shredded coconut

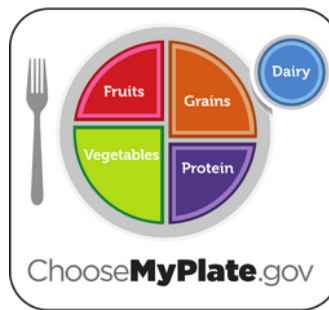
**Second Harvest is an equal opportunity provider.**



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## Nutrition Facts

Nutrition Facts	
8 servings per container	
Serving size	1 Cookie
Amount Per Serving	
<b>Calories</b>	<b>60</b>
% Daily Value*	
<b>Total Fat</b> 1g	<b>1%</b>
Saturated Fat 0.2g	<b>1%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 14g	<b>5%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 4g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 2g	<b>4%</b>
Vitamin D 0mcg	0%
Calcium 13mg	0%
Iron 0.54mg	4%
Potassium 141mg	4%
*The % Daily Value (DV) 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.	

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