

Ingredients

3 ripe bananas
2 cups rolled oats
1 cup dates, pitted and chopped
1 Tbsp chia seeds
1/3 cup canola oil
1 tsp vanilla
1/2 tsp cinnamon

1/2 cup walnuts
1/2 cup 70% dark chocolate (optional)

Instructions

Preheat oven to 350 degrees. In a large bowl, mash the bananas. Stir in remaining ingredients. Using a 1 oz scoop, drop onto an ungreased cookie sheet. Bake for 20 minutes or until lightly brown.

Nutrition Information Per Serving

Serving Size: makes 36 1 oz cookies

Calories: 87

Fat: 4 gm

Saturated Fat: 1.2 gm

Sodium: 17 mg

Fiber: 2 gm

Carbohydrates: 10 mg

Protein: 1 gm

Sugars: 4 gm