

Chocolate Breakfast Cookies

Diabetes Friendly

Items Needed: medium mixing bowl, fork, baking sheet

Serves: 12

Ingredients:

- 2 ripe bananas
- 1 cup peanut butter
- 2 cups quick oats
- ½ cup almond meal
- tsp vanilla
- 2 tbsp cocoa powder
- 1 tbsp agave nectar (you can substitute with artificial sweeteners if you would prefer.)
- Pinch of salt

Directions:

1. Preheat oven to 350 degrees and line a baking sheet with parchment paper or baking mat.
2. Mash bananas with a fork in your mixing bowl and add remaining ingredients to bowl. Mix all together until everything is well blended.
3. Taste mix for flavor and adjust seasoning (add a pinch of salt if necessary.)
4. I would wait to add sweetener until after you taste your mix. You may not need it depending on how sweet the bananas are.
5. Portion into 12 even cookies approximately 2 inches wide.
6. Bake for 15-18 minutes or until cookies have set throughout.
7. Let cool for 10 minutes and enjoy!



Nutrition Information (per 1/12 recipe):

Calories: 199 Fat: 13.1 g Carbs: 16.8 g Protein: 7.2 g Fiber: 3 g Sodium: 35 mg

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