



Choco-Cranberry Cookies

INGREDIENTS

2 very ripe bananas, peeled
1/2 tsp (2 mL) vanilla extract
1 cup (250 mL) large flake oats
2 tbsp (25 mL) ground flax or chia seed
1/4 tsp (1 mL) ground cinnamon
3 tbsp (45 mL) mini chocolate chips
3 tbsp (45 mL) dried cranberries

DIRECTIONS

1. In a bowl, mash bananas until smooth.
2. Stir in vanilla. In another bowl, stir together oats, flax and cinnamon.
3. Stir into banana mixture until well combined.
4. Stir in chocolate chips and cranberries.
5. Scoop dough into 12 mounds onto parchment paper lined baking sheet.
6. Flatten each slightly and bake in 350° F (180° C) oven for about 12 minutes or until cookies are firm to the touch.
7. Let cool before removing from baking sheet.

Nutritional Info Per Serving (1 cookie)-Calories 73, Protein 2 g, Total Fat 2 g, Saturated Fat 1 g, Cholesterol 0 mg, Carbohydrates 13 g, Fibre 2 g, Total sugars 5 g, Added sugars 2 g, Sodium 1 mg, Potassium 120 mg

Recipe developed by Emily Richards, PH Ec. Reprinted with Permission from ©Heart and Stroke Foundation 2012.