

# Healthy Living Program's Recipe Corner

~ eat light, eat clean, eat well! ~



## Clean Eating Recipe of the Month

### Banana Cookies

(Makes 12 slices)

#### Ingredients

- 2 large bananas, must be very ripe, mashed
- 1 1/2 cups whole wheat flour
- 1/4 cup honey
- 3/4 teaspoon baking soda
- 1/4 cup mini semi-sweet chocolate chips
- 1/4 cup walnuts, chopped (optional)



#### Instructions

In a medium bowl mash bananas until pureed. Add the rest of the ingredients and blend. The batter should be pretty wet. Drop by spoonfuls onto parchment paper-lined cookie sheet. Bake at 350 degrees for 8-10 minutes. Makes 16 cookies.

#### Nutritional Information (per cookie)

Calories...94    Protein...1g    Carbohydrate...20g    Fat...6g

**NOTE:** You can also experiment with adding vanilla protein...to ramp up the protein content!