



PEANUT BUTTER OATMEAL COOKIES

PREP TIME: 15 minutes

SERVING SIZE: 1 cookie

COOK TIME: 11-13 minutes

SERVES: 16

INGREDIENTS

- 1 ripe banana, mashed
- ½ cup unsweetened applesauce
- 1 teaspoon ground cinnamon
- 3 cups rolled oats
- ¼ cup peanut butter
- ¼ cup maple syrup
- 1 teaspoon salt
- ½ teaspoon baking soda
- ½ cup dark or semi-sweet chocolate chips
- ¼ cup all-purpose flour

PREPARATION

1. Preheat oven to 375F and spray cooking oil in a large baking sheet.
2. In a large mixing bowl, smash the banana using a fork until smooth and no lumps remain.
3. Stir in the applesauce and cinnamon, stirring well to combine.
4. Add the peanut butter and stir well to mix. Once these ingredients are well blended, mix in the maple syrup, salt and baking soda
5. Add the oats, one cup at a time, stirring well in between each addition.
6. Add chocolate chips and then bring together with the all-purpose flour.
7. Using a tablespoon, scoop up and shape the dough into cookies. Drop them about 2 inches apart on the prepared baking sheet
8. Bake the cookies for 11-13 minutes or until browned on the edges and soft on the bottoms.
9. Let cool completely before serving.

ADAPTED FROM

www.thespruceeats.com

Recipe modified by CHOICES Nutrition Education Program



Nutrition Facts

16 servings per container	
Serving size	1 cookie (49g)
Amount per serving	
Calories	150
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 200mg	9%
Total Carbohydrate 21g	8%
Dietary Fiber 2g	7%
Total Sugars 8g	
Includes 3g Added Sugars	6%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 17mg	2%
Iron 1mg	6%
Potassium 124mg	2%

*The % Daily Value 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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GALLETAS DE AVENA Y CACAHUATE

TIEMPO DE PREPARACIÓN: 15 minutos

TAMAÑO DE PORCIÓN: 1 galleta

TIEMPO PARA COCINAR: 11-13 minutos

PORCIONES: 16

INGREDIENTES

- 1 plátano maduro
- ½ taza de puré de manzana
- 1 cucharadita de canela en polvo
- 3 tazas de avena
- ¼ de taza de mantequilla de cacahuete
- ¼ de taza de miel de maple
- 1 cucharadita de sal
- ½ cucharadita de polvo de hornear
- ½ de taza de chispas de chocolate negro o semi-dulce
- ¼ de taza de harina

PREPARACIÓN

1. Precalentar el horno a 375F y rociar aceite en una bandeja para hornear grande
2. En un recipiente grande aplastar el plátano usando un tenedor hasta que este suave y sin grumos.
3. Agregar el puré de manzana y la canela combinándolos bien.
4. Agregar la mantequilla de cacahuete y la sal. Una vez que estos ingredientes están bien mezclados agregar la miel de maple, la sal y el polvo de hornear.
5. Aumentar la avena, una taza a la vez, mezclando bien.
6. Agregar las chispas de chocolate y la harina, mezclar todo junto.
7. Usando una cucharada crear la forma de la galleta. Poner cada galleta a 2 pulgadas de la otra en la bandeja preparada.
8. Hornear las galletas por 11 a 13 minutos hasta que los bordes estén café y la parte de abajo este suave.
9. Dejar que se enfríen antes de servir.



Nutrition Facts

16 servings per container
Serving size 1 cookie (49g)

Amount per serving
Calories 150

% Daily Value*

Total Fat 6g 8%

Saturated Fat 2g 10%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 200mg 9%

Total Carbohydrate 21g 8%

Dietary Fiber 2g 7%

Total Sugars 8g

Includes 3g Added Sugars 6%

Protein 4g

Vitamin D 0mcg 0%

Calcium 17mg 2%

Iron 1mg 6%

Potassium 124mg 2%

*The % Daily Value 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.

ADAPTADA DE

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