

Banana Oatmeal Chocolate Chip Cookies

There's no shortage of recipes for healthier versions of chocolate chip cookies, but this one ups the ante. It uses rolled oats (a good source of fiber and whole grain), as well as canola oil and soy milk as substitutions for butter and full-fat milk. The recipe also contains bananas, which add another dimension of flavor!

Preparation: 10 minutes.

Cooking: 25 minutes.

Makes 16 cookies.



Ingredients

- 1 cup oat flour
- 3/4 cup old-fashioned rolled oats
- 1/2 teaspoon baking powder
- 1/3 teaspoon baking soda
- 1/2 teaspoon salt
- 1/2 cup raw sugar
- 1/3 cup canola oil
- 1/3 cup plain soy milk
- 1/2 teaspoon vanilla extract
- 1/2 ripe banana, cut into small pieces
- 1/4 cup chopped walnuts or other favorite nut
- 1/3 cup semisweet vegan chocolate chips

Preparation

1. Preheat oven to 350°. Combine first 6 ingredients (through sugar) in a bowl. Whisk together oil, soy milk, and vanilla in a separate bowl. Add wet mixture to dry ingredients; stir to combine. Fold in banana, walnuts, and chocolate chips.
2. Line a baking sheet with parchment paper. Scoop dough onto pan with a small ice-cream scoop. Bake 25 minutes or until golden brown, turning baking sheet halfway through. Let cool on a wire rack.