

# HEALTHIFIED COOKIES

*Recipe by Stanford Health Improvement Program*

## Ingredients

- 1 large ripe banana
- ½ cup olive oil
- ½ cup brown sugar (packed)
- 1 cup oats
- ½ cup white flour
- ¾ cup whole-wheat flour
- 1 teaspoon baking powder
- ½ teaspoon baking soda
- ½ teaspoon cinnamon
- ¼ teaspoon salt (rounded)
- ½ cup walnut halves
- 1 medium apple (peeled, grated)
- 1/3 cup chocolate chips (optional)

## Directions

1. Preheat oven to 350° F.
2. Mash banana with oil and brown sugar.
3. In separate bowl, mix the dry ingredients.
4. Add dry ingredients to banana mixture. Add apple, nuts and optional chocolate chips last.
5. Spoon onto cookie sheet. Shape into rounded, flattened cookies.
6. Bake at 350° for 20 minutes.

**Makes ~30 cookies**