

Easy Oatmeal Cookies



These simple and delicious oatmeal cookies are perfect for a comforting snack or a little energy boost after an outdoor walk. Packed with fiber, they help keep you full longer and [support cholesterol management](#)—a bonus our dietitians and nutritionists really love. They pair beautifully with a glass of milk or a warm herbal tea for a cozy, balanced treat.

Preparation 15 min

Cooking 12 min

Servings 12

Nutrition Facts (per serving)

Calories 60

Fat 1

Carbohydrates 13

Fibre 2

Protein 1

Ingredients

- 250 ml (1 cup) of quick-cooking oats
- 2 ripe bananas
- 85 ml (1/3 cup) of raisins (or chocolate chips, walnuts, peanuts, dried cranberries, etc.).

1. Preheat oven to 375 ° F. Line a baking sheet with parchment paper.
2. In a bowl, mash the bananas with a fork and add the oats. Mix well and let stand for 10 minutes.
3. Add the raisins (or other favorite ingredient) and mix.
4. Form balls of about 2 tablespoons (30 ml) of dough with your hands and place them on the plate, crushing them lightly to form a cookie-like shape.
5. Bake for about 12-14 minutes, or until cookies are golden brown.

Notes



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