

The 2-Ingredient Cookie

Ingredients

Preparation time: 10 minutes

Servings: ~14 cookies

Cost: \$

For the Cookie:

1 cup quick oats
1 cup mashed banana
(about 2 bananas)

Suggestions for add-ins:

1 tsp. of cinnamon, ginger,
and/or nutmeg
½ cup HERSHEY'S Semi-Sweet
chocolate baking chips
⅓ cup dried cranberry, raisin,
blueberry, or tart cherry
⅓ cup shredded coconut
⅓ cup crushed walnut,
almond, peanut, or pecan

Directions

1. Mix all ingredients together. If you used a lot of add-ins, you may need a little more banana to keep it moist.
2. Grease a cookie sheet with 1 tsp. of vegetable oil or baking spray.
3. Form the cookies and place them on the sheet. It doesn't matter how close together they are since they will not expand.
4. Bake at 350° for 12 to 15 minutes.
5. Let cool for 5 minutes.

This recipe was adapted from The Burlap Bag blog at www.theburlapbag.com



Cost per serving:

\$ = < \$5, \$\$ = \$5-10, \$\$\$ = > \$10

2-Ingredient Cookie with Nuts and Chocolate

Amount	1 cookie
Calories	80
Fat (g)	4
Sat. Fat (g)	1.5
Carb. (g)	12
Fiber (g)	2
Protein (g)	2
Allergen info: Vegan	

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Cooking Tip

These two ingredient cookies not only taste fabulous, but they are a healthy alternative to the traditional cookie. You can really show your creative side by adding just about anything you can think of into them! They also come out great if baked in a mini muffin tin.

Performance Facts

Fiber-rich oats help promote fullness, along with supplying B-vitamins for energy and phytonutrients to support overall health. Banana is an excellent source of potassium, which can be lost in sweat during prolonged exercise. Bananas are also anti-inflammatory, which can aid in recovery from strenuous exercise and decrease muscle soreness.