



Cookies – Banana Spice

Makes: 50+ child servings (100 cookies)

Ingredients

Imperial Measurement	Ingredient	Metric Measurement
1 ½ cups	margarine	375 mL
1 cup	sugar	250 mL
3	eggs, beaten	3
3 cups	bananas (approx. 6), mashed	750 mL
3 cups	whole wheat flour	750 mL
1 tsp	baking soda	5 mL
2 tsp	cinnamon, ground	10 mL
1 tsp	nutmeg, ground	5 mL
8 cups	quick-cooking oats	2 L
1 ½ cups	raisins	375 mL

Instructions

1. Preheat oven to 350°F (180°C).
2. Using a stand or hand mixer, cream margarine and sugar until smooth.
3. Add eggs and bananas.
4. In a medium bowl, combine flour, spices, oats, and baking soda.
5. Add flour mixture to wet ingredients. Fold in raisins.
6. Using a small scoop (size 40), arrange cookies on parchment-lined baking sheets.
7. Bake for 12-15 minutes or until golden.

Note: Extra cookies can be frozen.

Nutrition Information	
Per Cookie (28 g)	
Calories	100
Fat	4 g
	Saturated 0.5 g
	+ Trans 0 g
Sodium	55 mg
Carbohydrates	15 g
	Fibre 2 g
	Sugars 5 g
Protein	2 g
Calcium	10 mg
Iron	0.5 mg

Food Guide Servings
½ Grain Product