

Road Trip Cookies*

Ready in: 20 min

Makes: 5 dozen (~30 servings)

- 3 bananas, mashed
- ¾ cup butter
- 1 egg
- 1 cup white sugar
- 1 teaspoon baking soda
- 1 ½ cups all-purpose flour
- ½ teaspoon ground nutmeg
- ½ teaspoon ground cinnamon
- 1 ½ cups rolled oats
- ¾ cup chopped walnuts
- ½ cup raisins (optional)

1. Preheat oven to 175 degrees C (350 degrees F)
2. Mix together all ingredients in order given; making sure that butter is well beaten in. You can add up to ½ teaspoon more cinnamon if you like spice. More flour may be added if batter is runny.
3. Drop by tablespoonfuls on greased baking sheet. Bake for 10 min or until edges are slightly brown. Cookies will be soft. Put them in a plastic bag and hit the road.

Nutritional Info.

Calories: 203 kcal

Carbs: 32 g

Protein: 3 g

Fat: 7g

* note: recipe taken from Chris Carmichael's Food for Fitness- "Eat Right to Train Right"