

Banana Bread Cookies

Adapted from *Simply Recipes*, Garrett McCord



Servings: 30

NOTE: do not guess on the amount of bananas - measure! Do allow the bananas to sit for a few minutes with the baking soda. The batter may appear curdled, but that's the way it's supposed to look.

1. Preheat the oven to 350°F. Cream the butter and sugar together until light and fluffy. Add the egg and continue to beat until the mixture is light and fluffy.
2. In a bowl, mix the mashed bananas and baking soda. Let sit for 2 minutes. The baking soda will react with the acid in the bananas which in turn will give the cookies their lift and rise.
3. Mix the banana mixture into the butter mixture. Mix together the flour, salt, and spices and sift into the butter and banana mixture and mix until just combined.
4. Fold into the batter the pecans or chocolate chips if using. Drop in dollops onto parchment paper-lined baking sheet. Bake for 11-13 minutes or until nicely golden brown. Let cool on wire racks.

- 1/2 cup unsalted butter, room temperature
- 2/3 cup sugar
- 1 egg, room temperature
- 1 cup mashed bananas, about 2 1/2 large bananas = 1 cup
- 1 teaspoon baking soda
- 2 cups flour
- 1 pinch salt
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground mace, or nutmeg
- 1/2 teaspoon ground cloves
- 1 cup walnuts, chopped, or pecans, or chocolate chips, or a mixture

Per Serving (excluding unknown items): 135 Calories; 8g Fat (52.8% calories from fat); 2g Protein; 14g Carbohydrate; 1g Dietary Fiber; 14mg Cholesterol; 101mg Sodium; 6g Total Sugars; trace Vitamin D; 10mg Calcium; 1mg Iron; 76mg Potassium; 41mg Phosphorus. Exchanges: .

Carolyn T's Blog: tastingspoons.com