

SAMOAS COOKIES

A healthy spin on the popular packaged cookies...even your cardiologist will want these!

SERVINGS	SERVING SIZE	TIME TO MAKE
24	3 COOKIES	60 MINUTES

INGREDIENTS

- 2 Bananas, medium size, ripe
- 1 cup Coconut Flakes, unsweetened
- 4 oz Chocolate, dark 65+ cacao (if you use milk chocolate, the nutritional facts will change)

DIRECTIONS

1. Preheat oven to 350 degrees. Line a baking sheet with parchment paper.
2. In a medium size bowl, peel the ripe banana and add the coconut flakes.
3. Mix together until the banana is fully mashed and the coconut flakes are evenly dispersed. You can use a fork, pastry cutter, or potato masher to help mash the banana.
4. Scoop 2 Tablespoons of mixture and place on a board. Press the bottom of a glass jar on top of mixture allowing it to spread evenly into a circle
5. You can remove a small circle at the center of the cookie to create the same appearance of the original Samoas
6. Place each cookie on the parchment lined baking sheet, until it is full allowing around 1 inch around each cookie
7. Bake in oven for 20-25 minutes or until lightly brown
8. Remove from oven and let cool for about 5 minutes on the baking sheet.
9. Remove from baking sheet and place onto baking racks.
10. Gently warm up the chocolate (either on the stove top using the double boiler method or slowly in the microwave).
11. Dip the cooled cookie into the chocolate coating the bottom and place top side up onto a cooling rack and let dry, about 10 minutes.
12. Turn cookies over and place all the cookies onto parchment paper. Using a spoon (or another method), drizzly chocolate across the cookies.
13. Enjoy!

Nutritional Information per serving: 64 Calories, 5 grams Fat, 4 gram Saturated Fat, 0 mg Cholesterol, 2 mg Sodium, 5 grams Total Carbohydrates, 1 gram Fiber, 1 grams Sugar, 1 grams Protein, 0% Vitamin A, 1% Vitamin C, 0% Calcium, 3% Iron