



**USOC**  
SPORTS NUTRITION

*Weekly Recipe:*

# The Two-Ingredient Cookie

Are you craving something sweet after a hard training day? Feeling strapped for time? Or are you just in the mood to try something simple and new? These two ingredient cookies not only taste fabulous, but they are a breeze to make, won't leave you feeling guilty about eating junk food, and you can really show your creative side by adding just about anything you can think of into them. They are a great team treat because the ingredients are inexpensive, quick to bake, and offer up a plethora of performance benefits. The recipe was sent to us by an athlete who really enjoyed her 2-ingredient cookies, so we decided to share it with all of you. We hope you give them a try, and wouldn't mind if you wanted to share a few with us, either!

## Ingredients:

*Makes about 14 cookies*

### 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 dark chocolate chips
- ⅓ cup dried cranberry, raisin, or cherry
- ⅓ cup shredded coconut
- ⅓ cup crushed walnut, almond, or pecan

## Directions:

Mix all ingredients together. If you used a lot of add-ins, you may need one more banana to keep it moist.

Grease a cookie sheet with 1 tsp. of vegetable oil or spray

Form the cookies and place them on the sheet. It doesn't matter how close together they are – they will not expand!

Bake at 350° for 12 to 15 minutes.

Let cool for 5 minutes, and enjoy!

\*\*This recipe was adapted from The Burlap Bag blog at [www.theburlapbag.com](http://www.theburlapbag.com)\*\*

### 2-Ingredient Cookie with Nuts & Chocolate

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

Vegan.

### For Sport Nutrition Questions, contact:

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Aside from being almost foolproof, these cookies are also excellent for supporting athletic performance. Fiber-rich oats will help promote fullness, along with supplying the B-vitamins and phytonutrients needed to support overall health. Banana is an excellent source of potassium, which can be lost in sweat during prolonged exercise. They are also anti-inflammatory, which can aid in recovery and decrease muscle soreness.

Each add-in has its own benefits. Spices like ginger are anti-inflammatory, dark chocolate and dried fruit are rich in antioxidants, shredded coconut contains healthy fat that is readily stored in muscle, and the nuts are full of healthy unsaturated fats. All great for exercise recovery!

