

Banana Cookies with Banana Frosting

Yield: 36 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/mashed-bananas-recipe-indian>

Ingredients:

- 1 cup granulated sugar
- 1/4 cup butter softened
- 1/2 cup plain greek yogurt fat free
- 1 teaspoon vanilla
- 1 whole egg
- 2 egg whites
- 3 mashed bananas ripe
- 1/2 cup lowfat milk
- 1 1/2 teaspoons baking soda
- 1/2 teaspoon salt
- 3 1/4 cups all purpose flour
- frosting
- 2 tablespoons butter melted
- 2 bananas ripe, mashed
- 4 cups powdered sugar depending on the consistency you like
- 2 tablespoons milk
- 1 teaspoon vanilla

Nutrition:

1. Calories: 160 calories
2. Carbohydrate: 32 grams
3. Cholesterol: 10 milligrams
4. Fat: 2 grams
5. Fiber: 1 grams
6. Protein: 2 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 105 milligrams

9. Sugar: 22 grams

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