

# Coconut Banana Cookies

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## **Yield: 18 cookies/batch**

*1/2 cup shortening, room temperature  
1/4 cup creamy cashew butter  
1 cup sugar  
1 large egg, room temperature  
1 tablespoon lime peel  
1/2 teaspoon baking soda  
1 teaspoon salt  
1 cup (two medium) mashed bananas  
1 3/4 cups unsweetened coconut, finely shredded  
1 1/2 cups all-purpose flour  
1/2 cup flaked sweetened coconut*

## **Preparation Time: 20 minutes**

### **Bake: 15 minutes**

Preheat the oven to 375 degrees.

In a bowl, beat the shortening, cashew butter and sugar until light and fluffy.

Beat in the egg, lime peel, baking soda, salt and bananas until thoroughly mixed.

In a separate bowl, mix the unsweetened coconut and flour. Beat into the creamed mixture just until combined.

Using a medium cookie scoop, drop the dough two-inches apart onto parchment paper-lined baking sheets. Sprinkle with sweetened coconut.

Bake until the edges are golden brown, 15 to 20 minutes (the cookies will have a cakelike texture).

Remove the cookies from the pans to wire racks to cool.

Serve warm or at room temperature.

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Per Serving (excluding unknown items): 2648 Calories; 110g Fat (36.9% calories from fat); 28g Protein; 397g Carbohydrate; 11g Dietary Fiber; 212mg Cholesterol; 2839mg Sodium. Exchanges: 9 1/2 Grain(Starch); 1 Lean Meat; 3 1/2 Fruit; 21 Fat; 13 1/2 Other Carbohydrates.

Desserts

**Per Serving Nutritional Analysis**

Calories (kcal):	2648
% Calories from Fat:	36.9%
% Calories from Carbohydrates:	58.9%
% Calories from Protein:	4.2%
Total Fat (g):	110g
Saturated Fat (g):	28g
Monounsaturated Fat (g):	48g
Polyunsaturated Fat (g):	28g
Cholesterol (mg):	212mg
Carbohydrate (g):	397g
Dietary Fiber (g):	11g
Protein (g):	28g
Sodium (mg):	2839mg
Potassium (mg):	1172mg
Calcium (mg):	92mg
Iron (mg):	10mg
Zinc (mg):	2mg
Vitamin C (mg):	28mg
Vitamin A (i.u.):	429IU
Vitamin A (r.e.):	88 1/2RE

Vitamin B6 (mg):	1.5mg
Vitamin B12 (mcg):	.6mcg
Thiamin B1 (mg):	1.6mg
Riboflavin B2 (mg):	1.4mg
Folacin (mcg):	358mcg
Niacin (mg):	12mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refused:	n n%

**Food Exchanges**

Grain (Starch):	9 1/2
Lean Meat:	1
Vegetable:	0
Fruit:	3 1/2
Non-Fat Milk:	0
Fat:	21
Other Carbohydrates:	13 1/2

**Nutrition Facts**

**Amount Per Serving**

Calories 2648                      Calories from Fat: 977

		% Daily Values*
<b>Total Fat</b>	110g	170%
Saturated Fat	28g	139%
<b>Cholesterol</b>	212mg	71%
<b>Sodium</b>	2839mg	118%
<b>Total Carbohydrates</b>	397g	132%
Dietary Fiber	11g	44%
<b>Protein</b>	28g	
<b>Vitamin A</b>		9%
<b>Vitamin C</b>		47%
<b>Calcium</b>		9%
<b>Iron</b>		58%

\* Percent Daily Values are based on a 2000 calorie diet.