



Banana Oatmeal Cookies

Servings 6 | Prep time 10 mins. | Total time 22 mins.

Equipment: Large bowl, cookie sheet

Utensils: Potato masher or fork, mixing spoon

Ingredients

Non-stick spray or parchment paper

3 ripe bananas

1 teaspoon cinnamon

3 cups quick cook or rolled oats

½ cup chocolate chips (optional)

Instructions

1. Preheat oven to 350 degrees.
2. Mash bananas in a large bowl and stir in cinnamon, oats, and chocolate chips (if using).
3. Measure out two tablespoons of dough, roll between your hands, place the ball on the cookie sheet and flatten the top slightly.
4. Continue with the remaining dough: you should be able to make ~12 cookies.
5. Bake for 12 minutes.

Nutritional Information:

Calories 210 Total Fat 3g Sodium 160mg Total Carbs 41g Protein 6g