



# 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