



# Banana Oatmeal Cookies

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

## Equipment:

Large bowl  
Baking sheet

## Utensils:

Potato masher or fork  
Mixing spoon  
Measuring cups and spoons

## Ingredients

Non-stick spray OR aluminum foil  
3 ripe bananas  
1 teaspoon ground cinnamon  
3 cups quick-cooking oats OR rolled oats  
1/2 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 and roll between your hands. Then, place the ball on the baking sheet and slightly flatten the top.
4. Continue with the remaining dough--you should be able to make about 12 cookies.
5. Bake for 12 minutes. Cookies will not visually brown, but are done cooking after 12 minutes.
6. Remove cookies from oven and allow to rest for 10-15 minutes before serving or storing.

## Nutritional Information:

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