

Easy Banana Oatmeal Cookies

Prep Time: 10 minutes
Cook Time: 15 minutes
Total time: 25 minutes

Recipe makes 12 cookies.

Ingredients:

- 2 ripe bananas
- 1 ¼ rolled oats
- ¼ tsp salt (optional)
- 1 tsp vanilla extract
- ½ cup chocolate chips
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Method:

1. Preheat oven to 350°F
2. Add bananas to a bowl and mash well
3. Mix in salt and vanilla extract
4. Add rolled oats – let sit for a few minutes (~5mins) to let oats soak in moisture
5. Add chocolate chips
6. Scoop heaping tablespoon onto cookie sheet - flatten and shape each into cookies as batter will no spread.
7. Bake for 13-15 minutes until browning occurs on bottom of cookies. Allow to cool on cookie sheet.
8. Best eaten fresh from the oven or within 1-2 days, and will last up to 5 days in the fridge in a sealed container.

Nutrition Facts: Per cookie*

Calories	72
Total fat	2.5g
Saturated fat	1.3g
Sodium	50mg
Total Carbohydrates	13g
Fibre	1.5
Protein	1g

*Approximate amounts

