

Clean Banana Oat Cookies

Jacob · 29/09/2024

**Prep Time**

25 mins

Difficult

Medium

Servings

12

Description

These healthy bananaoatmeal cookies are flour free sugar free and naturally sweetened with bananas You can have great cookies for breakfast or any time of the day without guilt You can grind the oats into flour if you prefer A little bonus for me was that my 11yearold brother loved these even after they had been in the refrigerator

Ingredients

- - 2 bananas
- mashed - $\frac{1}{4}$ cup milk - 1 large egg
- beaten - 1 teaspoon honey - $\frac{1}{2}$ teaspoon vanilla extract - 1 cup rolled oats
- or as needed - 1 teaspoon ground cinnamon - $\frac{1}{2}$ teaspoon baking powder - ? teaspoon salt

Instructions

1. Preheat the oven to 350 degrees F (175 degrees C). Line a baking sheet with parchment paper. Mix together mashed bananas
2. milk
3. egg
4. honey
5. and vanilla in a bowl. Stir in oats
6. cinnamon
7. baking powder
8. and salt until well combined. Add more oats if the batter is too runny. Spoon mounds of batter a few inches apart onto the prepared baking sheet. Bake in the preheated oven until the tops look dry and edges are golden
9. about 15 minutes. Recipe Tip Optional additions and toppings include raisins
10. nuts
11. coconut flakes
12. peanut butter (soften by microwaving first)
13. or a drizzle of honey.