

Banana Oat Cookies

Cookies Banane-Avoine

- 15 min
- Easy
- 120 kcal per serving
- Snack
- Vegan
- Gluten-Free
- Quick
- Kids



Ingredients

FOR ONE SERVING

Ripe bananas (<i>Bananes mûres</i>)	2 whole
Rolled oats (<i>Flocons d'avoine</i>)	150 g
Dark chocolate chips (<i>Pépites de chocolat noir</i>)	50 g
Cinnamon (<i>Cannelle</i>)	1 tsp

Nutrition facts

PER SERVING

Calories	120
Protein	3 g
Carbohydrates	22 g
Fat	3 g
Fiber	3 g

Preparation

- 1 Mash the ripe bananas in a bowl until mostly smooth.
- 2 Stir in the rolled oats and cinnamon until evenly combined.
- 3 Fold in the dark chocolate chips.
- 4 Let the mixture sit for 5 minutes so the oats soften slightly.
- 5 Scoop small mounds onto a lined baking tray and gently flatten them into cookie shapes.
- 6 Bake until set and lightly golden at the edges, then let cool before serving.

GOOD TO KNOW

For neater cookies, chill the mixture for a few minutes before shaping.