

Soft and Chewy Chocolate Chip Cookies

JOYOUS HEALTH

Recipe by Joy McCarthy from Joyous Health

Ingredients:

- 3 cups rolled oats or "oat flakes" (choose gluten-free if you want them GF)*
- 1 tsp baking powder
- 1 tsp baking soda
- 2 large ripe bananas
- 1/4 cup melted coconut oil
- 2-3 tbsp maple syrup
- 1/4 cup mini chocolate chips

Instructions:

1. Preheat oven to 350F (180C).
2. In a food processor blitz oats until ground up. They don't have to be finely ground. It's okay if you see some bits, but the more ground the better.
3. In a large bowl, combine oat flour, baking powder and baking soda.
4. In a small bowl, mash bananas with a fork. Add melted coconut oil and maple syrup. Mix together.
5. Add the banana mixture to the dry mixture and mix until combined. Fold in chocolate chips.
6. Give the batter a taste test and add more maple syrup if needed, but it probably will be sweet enough :)
7. Grease a baking sheet or cover with parchment paper. Bake for 8 minutes. Remove from baking sheet and let cool on a cooling rack for 5-10 minutes.
8. Keep in fridge for up to one week or freeze for up to 3 months.

Notes:

Makes more than 2 dozen cookies 2.5 inch cookies or 14 large cookies. *You can use 1 cup of shredded coconut and 2 cups oats instead. If you are using really ripe bananas, you may not need to add the maple syrup. However, if you omit it, you'll need to add some moisture to the batter, so add either rice milk or nut milk in place of the maple syrup. If the batter seems dry, add another half a banana or add a touch more maple syrup.