

Banana Bread Cookies

Recipe by Joy McCarthy from Joyous Health

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Ingredients:

- 3 cups rolled oats
- 3 large bananas, mashed (for softer cookies, add more banana)
- 1/4 cup melted coconut oil
- 1/2 cup raisins or chocolate chips* or both!

Instructions:

1. Preheat oven to 350F (180C). Line a baking sheet with parchment paper.
2. Place oats in a food processor or blender and blitz until you have a flour-like texture.
3. In a large bowl, add oats, mashed banana and melted coconut oil and mix together. Fold in raisins or chocolate chips, or both! If the batter is too thick, then add water 1 tbsp at a time.
4. Spoon batter by heaping tablespoon into hands and form into a ball and then flatten with your hands on the cookie sheet. Bake for 10-15 minutes until golden.
5. Store in the fridge for up to 5 days or the freezer for up to 3 months.

Notes:

*If using chocolate chips, look for a sugar-free brand such as Lily's Sweets chocolate chips.