

Banana Oat Chocolate Chip Cookies

12 SERVINGS 25 MINUTES



INGREDIENTS

3 Banana (large, ripe, mashed)
1/2 cup Sunflower Seed Butter
1/4 cup Coconut Oil
1 tsp Vanilla Extract
2 cups Oats (large flake)
1/3 cup Unsweetened Shredded Coconut
1 tsp Baking Powder
1/4 tsp Cinnamon
1/4 tsp Sea Salt
1/2 cup Dark Chocolate Chips

DIRECTIONS

- 01 Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 02 In a large mixing bowl, combine the mashed bananas, sunflower seed butter, coconut oil and vanilla. Mix well, then add the oats, shredded coconut, baking powder, cinnamon, sea salt and chocolate chips. Mix again until all ingredients are evenly distributed.
- 03 Drop spoonfuls of the dough onto the baking sheet and flatten them gently with a fork. Bake for 15 to 17 minutes.
- 04 Remove the cookies from the oven and let them cool on the baking sheet. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	260	Carbs	24g
Fat	16g	Protein	5g