

## Recipe

# Oatmeal Banana Cookies

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All it takes are 3 simple ingredients to make these naturally sweetened oatmeal banana cookies. Plus, these healthy banana oatmeal cookies are kid-friendly, gluten free, and made in under 20 minutes!



- **Prep Time:** 15 minutes
- **Cook Time:** 8 minutes
- **Total Time:** 23 minutes

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**Yield:** 12

**Category:** Dessert

**Method:** Oven

**Cuisine:** American

## Ingredients

- 1 cup mashed banana (~1 large banana)
- 1 cup ground oat flour\*
- 3/4 cup rolled oats
- 1/2 cup dark chocolate chips

## Instructions

1. First, preheat oven to 350°F and spray a baking sheet with nonstick cooking spray. Set aside.
2. Next, place 1 large banana in a medium bowl and use a fork to mash until a puree has formed.
3. Add ground oat flour and rolled oats and mix until combined. The texture should be a little wetter than normal cookie dough.
4. Finally, add in chocolate chips and mix one more time.
5. Slightly wet hands and then use a cookie scoop to scoop out the dough. Form a cookie shape with the dough (it will not expand during baking) and then place on cookie sheet. Option to add more chocolate chips
6. Bake at 350°F for 8-10 minutes.
7. Let cool for about 5 minutes and then transfer onto a cooling rack to continue cooling.

## Notes

- If you can't find ground oat flour at the store no fear! You can make your own! Just place rolled oats in your food processor or Vitamix and process until a flour has formed.

## Nutrition

**Serving Size:** 1 cookie   **Calories:** 122   **Sugar:** 6   **Fat:** 4   **Carbohydrates:** 20   **Fiber:** 3  
**Protein:** 3