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 Organic Dark Chocolate Chips

NUTRITION

AMOUNT PER SERVING

Calories	260	Sodium	92mg
Fat	16g	Potassium	216mg
Carbs	24g	Vitamin A	25IU
Fiber	3g	Vitamin C	3mg
Sugar	10g	Calcium	38mg
Protein	5g	Iron	1mg
Cholesterol	0mg		

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!

NOTES

SERVING SIZE

One serving is equal to one large cookie.

NO CHOCOLATE CHIPS

Use raisins, dried cranberries, chopped figs or cacao nibs instead.

NO SUNFLOWER SEED BUTTER

Use tahini, peanut butter or almond butter instead.

LEFTOVERS

Store in an airtight container in the fridge up to five days, or in the freezer for up to three months.