

Banana Coconut Oatmeal Chip Cookies

Prep Time: 15 minutes

Cook Time: 13-15 minutes

Total Time: 30 minutes

Servings: Makes about 18 cookies

Serving Size: 1 cookie

Ingredients:

2 bananas, mashed
¼ cup coconut oil, melted
¼ cup maple syrup
½ teaspoon vanilla extract
1 cup whole rolled oats
Heaping 2/3 cup blanched almond flour
¼ teaspoon baking soda
½ cup shredded unsweetened coconut
¼ teaspoon salt
¼ cup semi-sweet or dark chocolate chips*

Directions:

1. Preheat oven to 350 degrees and line a cookie sheet with parchment paper.
2. Combine bananas, oil, syrup, and vanilla in a medium bowl and mix well to combine.
3. Combine oats, flour, baking soda, coconut and salt in a separate, larger bowl and mix well.
4. Add the wet banana mixture to the dry ingredients and stir until just combined.
5. Fold in chocolate chips.
6. Drop cookie batter onto the lined cookie sheet in tablespoon sized balls. You do not need to roll, flatten, or shape the cookies- they will look like little lumpy mounds and that's great!
7. Bake in the oven for about 13-15 minutes or until the edges are and tops are lightly browned.
8. Remove from oven and transfer cookies to a wire rack to cool.
9. Enjoy!

Tips and Tricks:

*You can also substitute chopped walnuts or dried cranberries here instead of chocolate chips.

Nutritional Information Per Serving:

Calories: 110
Fat: 7.6 g
Cholesterol: 0.0 mg
Sodium: 52.0 mg
Total Carbohydrate: 9.3 g
Dietary Fiber: 1.3 g
Sugars: 4.6 g
Protein: 1.4 g