



Banana Oat Chocolate Cookies

12 servings

25 minutes

Ingredients

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

Nutrition

Amount per serving	
Calories	271
Fat	17g
Saturated	9g
Carbs	25g
Fiber	4g
Sugar	10g
Protein	5g
Sodium	92mg
Vitamin C	3mg
Calcium	46mg

Directions

- 1 Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 2 In a large mixing bowl, combine the mashed bananas, sunflower seed butter, coconut oil, chia seeds, ground flaxseed 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.
- 3 Drop spoonfuls of the dough onto the baking sheet and flatten them gently with a fork. Bake for 15 to 17 minutes.
- 4 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.