

SNACK FEST 2021

4H Manitoba

~ PUTTING GOOD FOOD ON TABLES AND AGENDAS ~

Banana Oat Chocolate Chip Cookies – recipe www.GettyStewart.com

Supplies

Mixing bowl & spoon

Rubber spatula

Fork & Tablespoon

Measuring spoons & cups

Baking Sheet

Oven Mitts

Cooling rack

Measuring spoons & cups

Ingredients

3 very ripe medium sized bananas (1 cup)

2 1/4 cup quick oats

2 Tbsp ground flax

2 Tbsp brown sugar

1 tsp cinnamon

1 Tbsp oil

¼ cup mini chocolate chips

Instructions

Preheat oven to 350°C. Lightly grease or line baking sheet.

In medium sized bowl, squish ripe bananas with back of fork to a smooth, almost liquid consistency.

Mix oats, flax, brown sugar, cinnamon and oil with mashed bananas.

Stir in chocolate chips and mix well.

Drop by large tablespoon onto baking sheet, press and shape into rounds about 1 cm thick. Leave space between to allow slight browning of edges.

Bake for 8-10 minutes until set and beginning to turn golden brown. Cool completely.

Store in a sealed container in the fridge for 3 days. Also great for storing in the freezer.

Makes: 16 cookies

Banana Alternatives:

- Use 1 cup sweet potato, squash puree or canned pumpkin and 2 Tbsp extra sweetener.
- Use ½ cup applesauce and ½ cup nut/seed butter and 2 Tbsp extra sweetener.

Notes & Ideas