

Peanut Butter, Oat & Banana Cookies

Makes 16 cookies
Prep time: 10 minutes
Cook time: 15 minutes



INGREDIENTS

- 2 cups oats (quick or traditional)
- 2 bananas (ripe or over-ripe)
- 1/2 cup peanut butter

OPTIONAL MIX-INS

- 1/2 tsp salt
- 1/2 tsp vanilla extract
- 1/4 cup chocolate chips and/or raisins
- 1 Tbs ground flax seed or chia seeds
- 1/4 teaspoon cinnamon
- 2 Tbs sugar, syrup or artificial sweetener

DIRECTIONS

1. Pre-heat oven to 350°.
2. In large bowl, mash bananas into paste with fork.
3. Add remaining ingredients. Mix well.
4. Cover baking sheet with parchment paper or cooking oil spray.
5. Drop 16 spoonfuls onto baking sheet, spaced 1-inch apart
6. Bake for 15 minutes or until firm and slightly browned.
7. Let cool on cooling rack before removing cookies from baking sheet with spatula.
8. Enjoy within 3 days. Store in fridge.

TIPS

This no-bake cookie is easy to make and affordable. It packs fiber, protein, vitamins, minerals and more, thanks to the basic 3 ingredients. Flax and Chia can provide brain and heart-healthy fats. Chocolate chips and raisins bring stress-fighting antioxidants. Adapted from RunningOnRealFood.com .



Greater Cleveland
Food Bank

Peanut Butter, Oat & Banana Cookies

Makes 16 cookies
Prep time: 10 minutes
Cook time: 15 minutes



INGREDIENTS

- 2 cups oats (quick or traditional)
- 2 bananas (ripe or over-ripe)
- 1/2 cup peanut butter

OPTIONAL MIX-INS

- 1/2 tsp salt
- 1/2 tsp vanilla extract
- 1/4 cup chocolate chips and/or raisins
- 1 Tbs ground flax seed or chia seeds
- 1/4 teaspoon cinnamon
- 2 Tbs sugar, syrup or artificial sweetener

DIRECTIONS

1. Pre-heat oven to 350°.
2. In large bowl, mash bananas into paste with fork.
3. Add remaining ingredients. Mix well.
4. Cover baking sheet with parchment paper or cooking oil spray.
5. Drop 16 spoonfuls onto baking sheet, spaced 1-inch apart
6. Bake for 15 minutes or until firm and slightly browned.
7. Let cool on cooling rack before removing cookies from baking sheet with spatula.
8. Enjoy within 3 days. Store in fridge.

TIPS

This no-bake cookie is easy to make and affordable. It packs fiber, protein, vitamins, minerals and more, thanks to the basic 3 ingredients. Flax and Chia can provide brain and heart-healthy fats. Chocolate chips and raisins bring stress-fighting antioxidants. Adapted from RunningOnRealFood.com .



Greater Cleveland
Food Bank