



Banana Oat Breakfast Cookies

A perfect sweet treat without any processed sugar or flours. Simply delicious- any time of day!

1 ½ ripe bananas
1 ¼ cup oats
1 egg
1 tbsp peanut butter
1 tsp cinnamon
½ tsp salt

Heat oven to 350 degrees. Mash the bananas in a medium bowl with a fork. When smooth, add egg, peanut butter and spices. If you prefer something sweeter, add ¼ tsp of stevia or 1 tbsp of sugar. Mix until cohesive. In a blender, blend 1 cup of oats until they are the consistency of flour, about 30 seconds. Add both the oat flour and whole oats to the bowl and mix until combined.

Scoop rounded tablespoons of dough or form into a bar shape onto a prepared cookie sheet. Bake for 8-10 minutes. Enjoy!