

Easy Chewy Oatmeal Cookies

Ingredients:

- 1.5-2 ripe bananas (mashed)
- 1 cup rolled oats
- 1/8 cup applesauce
- 1 tablespoon peanut butter

Optional Add-ins

- A handful of raisins or dark chocolate chips
- 1 teaspoon cinnamon
- 1-2 tablespoon ground flaxseed

Directions:

1. Preheat oven to 350°F (180°C).
2. In a large bowl, mash the bananas
3. Then add the rest of the ingredient and mix all ingredients together.
4. Spoon small scoops of dough onto a baking tray.
5. Bake for 12 to 16 minutes. Let cool before eating.

Tip: For chewy cookies takes about 13-14 minutes, for crispier cookies leave in for 15-17 minutes. Always rotate your baking items half-way through to cook evenly. Do the fork test to see if done.

When to Eat:

- Great for grab and go breakfast, snacks, after sports, or a sweet treat.

How to Store:

- Store in a sealed container in fridge for 3-6 days.
- Freeze for up to 1 month. Thaw in fridge when needed
- Heat in toaster oven if needed

Cost vs. Store-Bought (approximate)

	Homemade	Store-Bought
12 cookies (total cost)	~\$2.00	~\$4.00-\$6.00
Per cookie	~17¢	~50¢
Added sugar?	✗ No	✓ Yes
Healthier choice?	✓ Yes	✗ Usually not



These cookies **take less than 5 minutes to prepare** and about 15 minutes to bake. Because there is **NO** added sugar you can feel good about eating these cookies for breakfast or a sweet treat. Great recipe to have your toddler or any family member make with you!

Nutrition facts:

Serving Size: 2–3 cookies (recipe makes 12 cookies) – have 1 for a snack or 2-3 for a grab and go breakfast as you head out the door. Can pair with a side of nonfat/plain Greek yogurt as a dipping sauce to make a little fancier or for added protein

Servings per batch: 4–6

Nutrient	2 Cookies	3 Cookies
Calories	180	270
Total Fat	5g	7.5g
– Saturated Fat	1g	1.5g
– Unsaturated Fat	3.5g	5.2g
Cholesterol	0mg	0mg
Sodium	2mg	3mg
Total Carbohydrates	30g	45g
– Dietary Fiber	4g	6g
– Soluble Fiber	1g	1.5g
– Total Sugars	8g	12g
– Added Sugars	0g	0g
Protein	4g	6g

(Values may vary based on optional ingredients.)