



3-Ingredient Banana Oat Cookies

Naturally sweet and incredibly simple, these cookies use ripe bananas instead of added sugar. They're soft, satisfying, and perfect for a quick snack before or after a walk.

Ingredients (makes ~8-10 cookies):

- 2 ripe bananas, mashed
- 1 cup old-fashioned oats
- ¼ cup peanut butter (optional, for added protein)
- Optional add-ins: cinnamon, dark chocolate chips, or raisins

Instructions:

1. Preheat oven to 350°F and line a baking sheet.
2. Mash bananas in a bowl until smooth.
3. Stir in oats and peanut butter (if using).
4. Scoop onto baking sheet and gently flatten into cookie shapes.
5. Bake for 12-15 minutes until set.
6. Let cool and enjoy!



♥ *Why they're great: These cookies are naturally sweetened with bananas and provide fiber from oats plus optional protein from peanut butter—making them a simple, energizing snack to fuel your day.*